

HERNDON

Parks & Recreation Department



Herndon Community Center

Fall 2008 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170
703-787-7300 • www.herndon-va.gov



The Herndon Parks & Recreation Department is a Nationally Accredited Agency

Herndon Community Center Fees and Hours

Mission Statement

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.

Herndon Community Center Hours

Monday-Friday 6am-10pm
Saturday & Sunday 8am-8pm

Holiday Hours

Labor Day, September 1 Closed
Thanksgiving, November 27 Closed
Friday, November 28 8am-10pm

Parks & Recreation Office Hours

M-F 8:30am-5:30pm
Office closed – September 1, October 13, November 27-28

Phone

Pool, Racquetball, & Rentals

703-787-7300

Hearing Impaired Relay

1-800-828-1120 -TDD

Fax

703-318-8652

Touchtone Registration

703-707-2662

Website: www.herndon-va.gov

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or video-tape of the activity in any marketing or promotional materials.

Community Center Fees

Note - Youth are those age 17 and under. Seniors are those age 62 and over by December 31, 2007. **Pool use:** children ages 8 & under must be accompanied by an adult. Children ages 5 & under must be with a parent in the water. **Fitness room use:** Children must be age 12 or older and ages 12-14 need a Youth Fitness Pass (see p. 15). **Gymnasium use:** youth must be age 12 or older; during weekend Youth Open Gym children ages 8 to 11 may use the gym when accompanied by a paid adult. **Locker room use:** Children 5 and under are permitted in dressing rooms of the opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office.

Admissions and Passes

Daily	TOH/NR
Adults	\$4.75/\$6
Seniors	\$3.50/\$4.25
Youth	\$3.50/\$3.50
25-Admission Pass	TOH/NR
Adults	\$83/\$120
Seniors	\$61/\$85
Youth	\$61/\$70
Monthly 30-Day Pass	TOH/NR
Adult	\$40/\$58
2 Person Adult Married	\$64/\$91
Single Senior/Youth	\$31/\$46
Senior 2-Person Married	\$50/\$71
Dependent Youth	\$10/\$15
(with paid adult pass)	
6-Month Pass¹	TOH/NR
Adult	\$201/\$288
2-Person Adult Married	\$317/\$453
Single Senior/Youth	\$159/\$227
Senior 2-Person Married	\$249/\$356
Dependent Youth	\$50/\$72
(with paid adult pass)	
Annual Pass²	TOH/NR
Adult	\$363/\$519
2 Person Adult Married	\$570/\$815
Single Senior/Youth	\$254/\$408
Senior 2-Person Married	\$449/\$641
Dependent Youth	\$90/\$129
(with paid adult pass)	

**TOH-Resident Rate Requires ID with address with every transaction*



Full Use

The discount pass and daily admission fee for the facility includes use of the pool, gymnasium (ages 12 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on page 15).

¹Annual and 6-Month Pass Holders are entitled to three sessions with a fitness trainer. See page 14 for details.

²Annual Pass Holders receive a 10% discount on all classes (except those meeting 1 time).

All admissions and passes are nonrefundable.



A Nationally Accredited Agency Since 2006

"Herndon is Meeting and Exceeding National Standards in P & R Administration"

RACQUETBALL & WALLYBALL COURTS

Prime time hours

**Monday - Friday 4-10pm, plus all day
Saturday, Sunday & Holidays**

Racquetball

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Wallyball court rental is for two hours.

NatureFest 2008

Sunday, September 21

1pm – 5pm

Runnymede Park

FREE

Theme :

A Park for All Seasons

- Hands -On Activities
- Educational Events
- Wildlife Visitors
- Entertainment



Saturday, November 22

The race starts at 4 pm

Race day registration: 1:30-3pm

Packet pickup starts at 1:30pm

2567.101

Long-sleeve T-shirts guaranteed to the first 500 pre-registered runners. Must pick up packet and t-shirt the day of the race. No packets or t-shirts will be available after race day.

Prizes to 1st and 2nd place winners in the following age groups:

10 & under, 11-14, 15-19, 20-29 30-39, 40-49, 50-59, 60-69 and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners.

Registration forms will be available at the Herndon Community Center late September.

On-line registration available at www.active.com.

Pre-registration – \$15 and a can of food for donation.

Race Day Registration – Adults \$20 and a can of food for donation.

Youth ages 18 & under – \$15 and a can of food for donation.

All food will be donated to LINK.

FOOTSTEPS
Of Recycle
"We Run this town"

Information and forms for class registration can be found on pages 30-31 of this brochure.

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Wednesday, August 20, 2008**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, August 26, 2008**

Starting on these dates, you will be able to register online, by touchtone system, or in person ONLY for the Fall 2008 registration.

Welcome Ann Marie Heiser



In May, the Town of Herndon Parks & Recreation Department welcomed Ann Marie E. Heiser as the new Deputy Director. Ann Marie has oversight of the recreation division

of the department. For the last 16 years, Ann Marie has been working in the parks and recreation field - which she is very passionate about. Prior to assuming her current position, Ann Marie has held positions with Champaign Park District, IL; Wicomico County Parks and Recreation, MD; and most recently held the position of Community Services Director for the City of Westfield, MA, overseeing three departments: Council On Aging, Parks and Recreation, and Veterans. Ann Marie was born and raised in eastern Pennsylvania and graduated from Lock Haven University. She is currently pursuing her Masters of Public Administration from Westfield State College. Ann Marie is enthusiastic about providing you and your family high quality recreation programs, classes, and special events.



Gift Certificates

A gift certificate to the Herndon Community Center is a welcome gift for all ages and can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone (703-787-7300) with a credit card.

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SWIMMING GUIDELINES

Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

To enroll in Child needs to...

- Starfish** No experience necessary but must be able to:
- Separate from parent
 - Follow directions in a group setting
- Seahorse** Successful completion of Starfish or ability to:
- Put face in the water- 5 seconds
 - Blow bubbles
 - Front glide w/ kick 3 feet
 - Float on back with assistance 5 seconds
- Otters** Successful completion of Seahorse or ability to:
- Float on front and back independently
 - Rollover from front to back
 - Swim with arm stroke and kick on front and back 5 yards
- Manatees** Successful completion of Otter or ability to:
- Jump in 12 feet and return to side without assistance
 - Front crawl 10 yards with breathing
 - Back crawl 10 yards
 - Butterfly kick
 - Sitting /kneeling dives



To enroll in Child needs to...

- Level 1** No experience necessary but:
- Must be able to participate in group setting
- Level 2** Successful completion of Level 1 or the ability to:
- Face in water and blow bubbles 5 seconds
 - Submerge face and pick up item
 - Float on the back with assistance
 - Kick on front with face in using barbells
- Level 3** Successful completion of Level 2 or the ability to:
- Float on front and back independently
 - Roll over from front to back
 - Combined stroke front and back 5 yards
- Level 4** Successful completion of Level 3 or the ability to:
- Elementary Backstroke 5 yards
 - Front crawl and back crawl 15 yards
 - Jump into deep water and swim 15 yards
 - Kneeling dive
- Level 5** Successful completion of Level 4 or the ability to:
- Tread water 1 minute
 - Crawl stroke 25 yards with side breathing
 - Back crawl 25 yards
 - Breaststroke 15 yards
 - Butterfly 15 yards
 - Elementary backstroke 15 yards
 - Scissors kick
 - Stride dive and flip turn



Come and play on "Swampson", the floating alligator on Saturdays from 1-4pm or the slide on Sundays from 1-4pm!

The pool will be closed to the public every Tuesday, Wednesday, & Thursday from 3:15-4:30 pm November 11 through February 5 for Herndon High School Swim Team Practice.

The pool is open to lap swimmers and scheduled swim lessons only on Saturday mornings until noon. There is limited recreational swim on Sundays between 10 am and noon.

AQUATICS CLASSES MAKE-UP POLICY

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make up class.

PRESCHOOL AQUATICS

Attention: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety, and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2011.101	M/W	10:30-10:55am	\$54/\$68
Session 2, October 6-October 29			
2011.102	M/W	10:30-10:55am	\$54/\$68
Session 3, November 10-December 3			
2011.103	M/W	10:30-10:55am	\$54/\$68



**No Class Oct. 11-12,
Nov. 3-4 & 27-30, and Dec. 7**



Preschool Aquatics

Aquatots continued

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 13-October 25			
2011.604	Sa	9:30-9:55am	\$41/\$51
November 1-December 13			
2011.605	Sa	9:30-9:55am	\$41/\$51

Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at legs and waistband.

Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2012.101	M/W	10-10:25am	\$54/\$68
Session 2, October 6-October 29			
2012.102	M/W	10-10:25am	\$54/\$68
Session 3, November 10-December 3			
2012.103	M/W	10-10:25am	\$54/\$68

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 12-October 17			
2012.504	F	11-11:25am	\$41/\$51
November 7-December 19			
2012.507	F	11-11:25am	\$41/\$51
September 13-October 25			
2012.605	Sa	10-10:25am	\$41/\$51
November 1-December 13			
2012.608	Sa	10-10:25am	\$41/\$51

Minnows – Ages 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking.

Swim with parent

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 9-October 2			
2018.201	T/Th	9:30-9:55am	\$54/\$68
Session 2, October 7-October 30			
2018.202	T/Th	9:30-9:55am	\$54/\$68
Session 3, November 11-December 9			
2018.203	T/Th	9:30-9:55am	\$54/\$68

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 13-October 25			
2018.604	Sa	9-9:25am	\$41/\$51
November 1-December 13			
2018.205	Sa	9-9:25am	\$41/\$51

703-787-7300

Starfish – Ages 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent.*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2013.101	M/W	9:30-9:55am	\$54/\$68
2013.102	M/W	10:30-10:55am	\$54/\$68
2013.103	M/W	6:30-6:55pm	\$54/\$68
Session 2, October 6-October 29			
2013.104	M/W	9:30-9:55am	\$54/\$68
2013.105	M/W	10:30-10:55am	\$54/\$68
2013.106	M/W	6:30-6:55pm	\$54/\$68
Session 3, November 10-December 3			
2013.107	M/W	9:30-9:55am	\$54/\$68
2013.108	M/W	10:30-10:55am	\$54/\$68
2013.109	M/W	6:30-6:55pm	\$54/\$68
Session 1, September 9-October 2			
2013.210	T/Th	10-10:25am	\$54/\$68
2013.211	T/Th	11-11:25am	\$54/\$68
2013.212	T/Th	1-1:25pm	\$54/\$68
2013.213	T/Th	6-6:25pm	\$54/\$68
Session 2, October 7-October 30			
2013.214	T/Th	10-10:25am	\$54/\$68
2013.215	T/Th	11-11:25am	\$54/\$68
2013.216	T/Th	1-1:25pm	\$54/\$68
2013.217	T/Th	6-6:25pm	\$54/\$68
Session 3, November 11-December 9			
2013.218	T/Th	10-10:25am	\$54/\$68
2013.219	T/Th	11-11:25am	\$54/\$68
2013.220	T/Th	1-1:25pm	\$54/\$68
2013.221	T/Th	6-6:25pm	\$54/\$68

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 10-October 15			
2013.323	W	1-1:25pm	\$41/\$51
October 29-December 3			
2013.329	W	1-1:25pm	\$41/\$51
September 12-October 17			
2013.524	F	11:30-11:55am	\$41/\$51
November 7-December 19			
2013.530	F	11:30-11:55am	\$41/\$51
September 13-October 25			
2013.625	Sa	8:30-8:55am	\$41/\$51
2013.626	Sa	9:30-9:55am	\$41/\$51
November 1-December 13			
2013.631	Sa	8:30-8:55am	\$41/\$51
2013.632	Sa	9:30-9:55am	\$41/\$51
September 14-October 26			
2013.727	Su	10-10:25am	\$41/\$51
November 2-December 21			
2013.733	Su	10-10:25am	\$41/\$51

Seahorse – Ages 3-6

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience*

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2014.101	M/W	10-10:25am	\$54/\$68
2014.102	M/W	11-11:25am	\$54/\$68
2014.103	M/W	5:30-5:55pm	\$54/\$68
Session 2, October 6-October 29			
2014.104	M/W	10-10:25am	\$54/\$68
2014.105	M/W	11-11:25am	\$54/\$68
2014.106	M/W	5:30-5:55pm	\$54/\$68
Session 3, November 10-December 3			
2014.107	M/W	10-10:25am	\$54/\$68
2014.108	M/W	11-11:25am	\$54/\$68
2014.109	M/W	5:30-5:55pm	\$54/\$68
Session 1, September 9-October 2			
2014.210	T/Th	9:30-9:55am	\$54/\$68
2014.211	T/Th	10:30-10:55am	\$54/\$68
2014.212	T/Th	1:30-1:55pm	\$54/\$68
2014.213	T/Th	6:30-6:55pm	\$54/\$68
Session 2, October 7-October 30			
2014.214	T/Th	9:30-9:55am	\$54/\$68
2014.215	T/Th	10:30-10:55am	\$54/\$68
2014.216	T/Th	1:30-1:55pm	\$54/\$68
2014.217	T/Th	6:30-6:55pm	\$54/\$68
Session 3, November 11-December 9			
2014.218	T/Th	9:30-9:55am	\$54/\$68
2014.219	T/Th	10:30-10:55am	\$54/\$68
2014.220	T/Th	1:30-1:55pm	\$54/\$68
2014.221	T/Th	6:30-6:55pm	\$54/\$68

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 10-October 15			
2014.322	W	10:30-10:55am	\$41/\$51
2014.323	W	1:30-1:55pm	\$41/\$51
October 29-December 3			
2014.328	W	10:30-10:55am	\$41/\$51
2014.329	W	1:30-1:55pm	\$41/\$51
September 12-October 17			
2014.524	F	12-12:25pm	\$41/\$51
November 7-December 19			
2014.530	F	12-12:25pm	\$41/\$51
September 13-October 25			
2014.625	Sa	9-9:25am	\$41/\$51
2014.626	Sa	10-10:25am	\$41/\$51
November 1-December 13			
2014.631	Sa	9-9:25am	\$41/\$51
2014.632	Sa	10-10:25am	\$41/\$51
September 14-October 26			
2014.727	Su	10:30-10:55am	\$41/\$51
November 2-December 21			
2014.733	Su	10:30-10:55am	\$41/\$51





Otters – Ages 4-6

Our “Otter” students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water, and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2015.101	M/W	9:30-9:55am	\$54/\$68
2015.102	M/W	5-5:25pm	\$54/\$68
Session 2, October 6-October 29			
2015.103	M/W	9:30-9:55am	\$54/\$68
2015.104	M/W	5-5:25pm	\$54/\$68
Session 3, November 10-December 3			
2015.105	M/W	9:30-9:55am	\$54/\$68
2015.106	M/W	5-5:25pm	\$54/\$68
Session 1, September 9-October 2			
2015.207	T/Th	10:30-10:55am	\$54/\$68
2015.208	T/Th	2-2:25pm	\$54/\$68
2015.209	T/Th	5:30-5:55pm	\$54/\$68
Session 2, October 7-October 30			
2015.210	T/Th	10:30-10:55am	\$54/\$68
2015.211	T/Th	2-2:25pm	\$54/\$68
2015.212	T/Th	5:30-5:55pm	\$54/\$68
Session 3, November 11-December 9			
2015.213	T/Th	10:30-10:55am	\$54/\$68
2015.214	T/Th	2-2:25pm	\$54/\$68
2015.215	T/Th	5:30-5:55pm	\$54/\$68

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 8-October 13			
2015.123	M	10-10:25am	\$41/\$51
October 27-December 8			
2015.116	M	10-10:25am	\$41/\$51
September 10-October 15			
2015.317	W	10-10:25am	\$41/\$51
2015.318	W	2-2:25pm	\$41/\$51
October 29-December 3			
2015.322	W	10-10:25am	\$41/\$51
2015.323	W	2-2:25pm	\$41/\$51
September 12-October 17			
2015.519	F	12:30-12:55pm	\$41/\$51
November 7-December 19			
2015.524	F	12:30-12:55pm	\$41/\$51
September 13-October 25			
2015.620	Sa	10:30-10:55am	\$41/\$51
November 1-December 13			
2015.625	Sa	10:30-10:55am	\$41/\$51
September 14-October 26			
2015.721	Su	11-11:25am	\$41/\$51
November 2-December 21			
2015.726	Su	11-11:25am	\$41/\$51

Manatees – Ages 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl taking at least two breaths and 15 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

An advanced course for the preschool swimmer

8, 25 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2016.101	M/W	11-11:25am	\$54/\$68
2016.102	M/W	6-6:25pm	\$54/\$68
Session 2, October 6-October 29			
2016.103	M/W	11-11:25am	\$54/\$68
2016.104	M/W	6-6:25pm	\$54/\$68
Session 3, November 10-December 3			
2016.105	M/W	11-11:25am	\$54/\$68
2016.106	M/W	6-6:25pm	\$54/\$68
Session 1, September 9-October 2			
2016.207	T/Th	10-10:25am	\$54/\$68
2016.208	T/Th	5-5:25pm	\$54/\$68
Session 2, October 7-October 30			
2016.209	T/Th	10-10:25am	\$54/\$68
2016.210	T/Th	5-5:25pm	\$54/\$68
Session 3, November 11-December 9			
2016.211	T/Th	10-10:25am	\$54/\$68
2016.212	T/Th	5-5:25pm	\$54/\$68

6, 25 minute sessions

Class	Day	Time	TOH/NR
September 10-October 15			
2016.319	W	9:30-9:55am	\$41/\$51
2016.313	W	2:30-2:55pm	\$41/\$51
October 29-December 3			
2016.320	W	9:30-9:55am	\$41/\$51
2016.316	W	2:30-2:55pm	\$41/\$51
September 12-October 17			
2016.514	F	1-1:25pm	\$41/\$51
November 7-December 19			
2016.517	F	1-1:25pm	\$41/\$51
September 14-October 26			
2016.715	Su	11:30-11:55am	\$41/\$51
November 2-December 21			
2016.718	Su	11:30-11:55am	\$41/\$51



ADAPTED AQUATICS

Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed, training will be provided before the first day of class. Great community service project for High School students! Please call Kerstin Severin at (703)435-6800 ext. 2128 if you have any questions regarding this program. Parents may have to go in the water if there is a lack of volunteers.

Ages 5-16

Level 1 & 2

6, 30 minute sessions

Class	Day	Time	TOH/NR
September 12-October 17			
2028.501	F	4:30-5pm	\$41/\$51
November 7-December 19			
2028.502	F	4:30-5pm	\$41/\$51

Level 3 & 4

6, 30 minute sessions

Class	Day	Time	TOH/NR
September 12-October 17			
2028.503	F	5-5:30pm	\$41/\$51
November 7-December 19			
2028.504	F	5-5:30pm	\$41/\$51



Swimming Instructors Needed

The Aquatics Department of the Herndon Community Center is currently looking for swimming instructors to teach classes in its Learn to Swim program. The Learn to Swim program provides classes to students of all ages, from infants to adults, and classes are available weekdays, evenings, and weekends. This is an ideal part-time position for stay-at-home moms, students, or for anyone who desires fun and fulfilling part-time work in a relaxed and family/community oriented environment. For more information call Kerstin T. Severin at **703-435-6800, ext 2128**.

Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

Pick between one of the following themed parties:

- Pool party featuring unlimited swimming
- Gymnastics Party featuring 45 minutes of supervised gymnastics activities
- Nature party featuring a one-hour nature program

Call 703-787-7300





No Class Oct. 11-12,
Nov. 3-4 & 27-30, and Dec. 7



Youth Aquatics

YOUTH AQUATICS

Level 1 – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2021.101	M/W	6-6:30pm	\$54/\$68
Session 2, October 6-October 29			
2021.102	M/W	6-6:30pm	\$54/\$68
Session 3, November 10-December 3			
2021.103	M/W	6-6:30pm	\$54/\$68
Session 1, September 9-October 2			
2021.204	T/Th	5-5:30pm	\$54/\$68
Session 2, October 7-October 30			
2021.205	T/Th	5-5:30pm	\$54/\$68
Session 3, November 11-December 9			
2021.206	T/Th	5-5:30pm	\$54/\$68

6, 30 minute sessions

Class	Day	Time	TOH/NR
September 13-October 25			
2021.607	Sa	11-11:30am	\$41/\$51
November 1-December 13			
2021.609	Sa	11-11:30am	\$41/\$51
September 14-October 26			
2021.708	Su	11:30am-12pm	\$41/\$51
November 2-December 21			
2021.710	Su	11:30am-12pm	\$41/\$51

Level 2 – Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2022.101	M/W	6:30-7pm	\$54/\$68
Session 2, October 6-October 29			
2022.102	M/W	6:30-7pm	\$54/\$68
Session 3, November 10-December 3			
2022.103	M/W	6:30-7pm	\$54/\$68
Session 1, September 9-October 2			
2022.204	T/Th	5:30-6pm	\$54/\$68
Session 2, October 7-October 30			
2022.205	T/Th	5:30-6pm	\$54/\$68
Session 3, November 11-December 9			
2022.206	T/Th	5:30-6pm	\$54/\$68

6, 30 minute sessions

Class	Day	Time	TOH/NR
Septemehr 8-October 13			
2022.112	M	2-2:30pm	\$41/\$51
October 27-December 8			
2022.107	M	2-2:30pm	\$41/\$51
September 13-October 25			
2022.608	Sa	10:30-11am	\$41/\$51
November 1-December 13			
2022.610	Sa	10:30-11am	\$41/\$51
September 14-October 26			
2022.709	Su	11-11:30am	\$41/\$51
November 2-December 21			
2022.711	Su	11-11:30am	\$41/\$51

Level 3 – Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2023.101	M/W	5:30-6pm	\$54/\$68
Session 2, October 6-October 29			
2023.102	M/W	5:30-6pm	\$54/\$68
Session 3, November 10-December 3			
2023.103	M/W	5:30-6pm	\$54/\$68
Session 1, September 9-October 2			
2023.204	T/Th	6:30-7pm	\$54/\$68
Session 2, October 7-October 30			
2023.205	T/Th	6:30-7pm	\$54/\$68
Session 3, November 11-December 9			
2023.206	T/Th	6:30-7pm	\$54/\$68

6, 30 minute sessions

Class	Day	Time	TOH/NR
Septemehr 8-October 13			
2023.112	M	3:45-4:15pm	\$41/\$51
October 27-December 8			
2023.107	M	3:45-4:15pm	\$41/\$51
September 13-October 25			
2023.608	Sa	10-10:30am	\$41/\$51
November 1-December 13			
2023.610	Sa	10-10:30am	\$41/\$51
September 14-October 26			
2023.709	Su	10:30-11am	\$41/\$51
November 2-December 21			
2023.711	Su	10:30-11am	\$41/\$51

Level 4 – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

8, 30 minute sessions

Class	Day	Time	TOH/NR
Session 1, September 8-October 1			
2024.101	M/W	5-5:30pm	\$54/\$68
Session 2, October 6-October 29			
2024.102	M/W	5-5:30pm	\$54/\$68
Session 3, November 10-December 3			
2024.103	M/W	5-5:30pm	\$54/\$68
Session 1, September 9-October 2			
2024.204	T/Th	6-6:30pm	\$54/\$68
Session 2, October 7-October 30			
2024.205	T/Th	6-6:30pm	\$54/\$68
Session 3, November 11-December 9			
2024.206	T/Th	6-6:30pm	\$54/\$68

6, 30 minute sessions

Class	Day	Time	TOH/NR
Septemehr 8-October 13			
2024.112	M	3:15-3:45pm	\$41/\$51
October 27-December 8			
2024.107	M	3:15-3:45pm	\$41/\$51
September 13-October 25			
2024.608	Sa	9:30-10am	\$41/\$51
November 1-December 13			
2024.610	Sa	9:30-10am	\$41/\$51

Level 4 continued

September 14-October 26			
2024.709	Su	10-10:30am	\$41/\$51
November 2-December 21			
2024.711	Su	10-10:30am	\$41/\$51

Level 5 – Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deep water work includes diving, water entries, and treading.

6, 45 minute sessions

Class	Day	Time	TOH/NR
Septemehr 8-October 13			
2025.104	M	2:30-3:15pm	\$44/\$55
October 27-December 8			
2025.101	M	2:30-3:15pm	\$44/\$55
September 13-October 25			
2025.602	Sa	8:45-9:30am	\$44/\$55
November 1-December 13			
2025.603	Sa	8:45-9:30am	\$44/\$55

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building.

- Ages 8 & under must swim 25 yards freestyle without stopping
- Ages 9-12 must swim 50 yards freestyle without stopping
- Ages 12-14 must swim 50 yards freestyle and 25 yards backstroke without stopping

Ages 8 & under

10, 45 minute sessions

Class	Day	Time	TOH/NR
September 14-November 23			
2027.701	Su	11:30am-12:15pm	\$74/\$92
2027.702	Su	5-5:45pm	\$74/\$92
2027.703	Su	6:30-7:15pm	\$74/\$92

Ages 9-12

10, 45 minute sessions

Class	Day	Time	TOH/NR
September 14-November 23			
2027.704	Su	10:45-11:30am	\$74/\$92
2027.705	Su	5:45-6:30pm	\$74/\$92
2027.706	Su	7:15-8pm	\$74/\$92

Ages 12-14

10, 45 minute sessions

Class	Day	Time	TOH/NR
September 14-November 23			
2027.707	Su	10-10:45am	\$74/\$92



Diving 1

This class introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught. Students must be comfortable in deep water and able to dive in head first.

Ages 7 & up

6, 45 minute sessions

Class	Day	Time	TOH/NR
September 13-October 25			
2029.501	Sa	9-9:45am	\$44/\$55
November 1-December 13			
2029.502	Sa	9-9:45am	\$44/\$55

Diving 2

This class is designed for children with previous springboard diving experience. The completion of Beginner 1 Diving or equivalent is required. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

Ages 7 & up

6, 45 minute sessions

Class	Day	Time	TOH/NR
September 13-October 25			
2029.503	Sa	9:45-10:30am	\$44/\$55
November 1-December 13			
2029.504	Sa	9:45-10:30am	\$44/\$55

SENIOR SWIM TIME!
Seniors can visit the pool
all day Tuesdays for a
reduced rate of \$2!



SAFETY

Lifeguard Training Class

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 300 yard continuous swim consisting of 100 yards of freestyle, 100 yards of breaststroke, and 100 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*



Ages 15 years and up by first day of class

1, 2 hour session, plus 5, 8 hour sessions

Class	Day	Time	TOH/NR
2051.101			\$180/\$225
December 20	Sa	12-2pm	
December 26-30	F-T	9am-5pm	

ADULTS

Adult Beginners – Ages 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute sessions

Class	Day	Time	TOH/NR
Septemebr 8-October 13			
2041.106	M	10:30-11:15am	\$44/\$55
September 8-October 13			
2041.101	M	7-7:45pm	\$44/\$55
October 27-December 8			
2041.102	M	10:30-11:15am	\$44/\$55
October 27-December 8			
2041.103	M	7-7:45pm	\$44/\$55
September 13-October 25			
2041.604	Sa	10:30-11:15am	\$44/\$55
November 1-December 13			
2041.605	Sa	10:30-11:15am	\$44/\$55

RECREATION...
THE BENEFITS ARE ENDLESS
• explore new horizons

Adult Advanced Beginner

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, and elementary back stroke, and breaststroke. Treading water, and introduction to breathing are included in this class.

6, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-October 13			
2042.101	M	7:15-8pm	\$44/\$55
October 27-December 8			
2042.102	M	7:15-8pm	\$44/\$55
September 13-October 25			
2042.603	Sa	11:15am-12pm	\$44/\$55
November 1-December 13			
2042.604	Sa	11:15am-12pm	\$44/\$55

Adult Intermediate

This class is for anyone who has completed Adult Advanced Beginner or anyone that is looking for a little stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving, and butterfly will be introduced.

6, 45 minute sessions

Class	Day	Time	TOH/NR
Septemebr 8-October 13			
2043.106	M	11:15am-12pm	\$44/\$55
October 27-December 8			
2043.101	M	11:15am-12pm	\$44/\$55
September 10-October 15			
2043.302	W	7:15-8pm	\$44/\$55
October 29-December 3			
2043.204	W	7:15-8pm	\$44/\$55
September 13-October 25			
2043.603	Sa	12-12:45pm	\$44/\$55
November 1-December 13			
2043.605	Sa	12-12:45pm	\$44/\$55



Need Assistance?

Two motorized scooters are available for your use. Please inquire at the front desk.



No Class Oct. 11- 12, Nov. 3-4,
Nov. 27-30, and Dec. 7



Water Workout

WATER WORKOUTS – Ages 18 & Up

Seniors: Please see senior citizen discount information on the registration page.

Early Bird Aquatic Exercise

Start your day with this high intensity class that combines aerobic intervals with effective strength moves! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance while building a strong core. *Participants must be comfortable in deep water*

36, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 3			
2049.101	M/W/F	6:30-7:30am	\$180/\$225

Therapeutic Water Workout

This is a low intensity water exercise program designed for those with arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, and strengthening. *Seniors: Please see Senior Citizen Discount information on the registration page. Rubber-soled water shoes are recommended.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 4			
2047.101	T/Th	10-11am	\$120/\$150

Senior Water Aerobics

This course is an exercise class for the “Senior Citizen.” It promotes fitness, flexibility, and range of motion at an intermediate pace. No swimming experience is necessary to participate. *Seniors: Please see Senior Citizen Discount information the registration page. Rubber-soled water shoes are recommended*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 1			
2048.101	M/W	9-10am	\$120/\$150

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 12-December 5			
2048.502	F	9-10am	\$60/\$75

KidCare is available during most of these classes. See page 10 for more information.



Water Aerobics

This is the total water workout. It combines both toning exercises as well as aerobic conditioning. There is a deep-water element, and while no swimming experience is necessary, participants must be comfortable maneuvering in deep water. Babysitting is available during this class, please see page 10. *Rubber-soled water shoes are recommended.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 4			
2044.201	T/Th	9:30-10:30am	\$120/\$150

Water Walking

Join the “Wave of the Future” by water walking! Water walking is a low impact aerobic workout that tones muscles in the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water since a portion of the workout is held in the 12 ft. area. *Rubber-soled water shoes are recommended.*

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 1			
2046.101	M/W	8-9am	\$120/\$150

Water Walking – Intermediate

This class is a high energy, combination class taught in both shallow and deep water for double the benefits. Use the power of the water to increase cardiovascular fitness, as well as muscular strength and endurance.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 12-December 5			
2046.502	F	8-9am	\$60/\$75

Deep Water 1

A high intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary but participants must be comfortable in deep water.

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 1			
2045.101	M/W	6:30-7:30pm	\$120/\$150
September 9-December 4			
2045.202	T/Th	8:30-9:30am	\$120/\$150

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 13-December 13			
2045.604	Sa	8-9am	\$60/\$75

Deep Water 2

This is the ultimate cardio challenge. This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically but participants should be able to tread water without any device and should have previously taken Deep Water 1.

24, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 1			
2045.105	M/W	7:30-8:30pm	\$120/\$150
September 9-December 4			
2045.203	T/Th	7:30-8:30am	\$120/\$150
2045.206	T/Th	6:30-7:30pm	\$120/\$150

Planning a

Special Event or a meeting?

The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people and has a warming catering kitchen.

Call **703-787-7300** to arrange a tour of our facilities.

Getting ready for a special event? Private dance lessons are available – see page 25.





Passholders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop in students. See page 2 for details on becoming a passholder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

Exercise, Health & Fitness Classes are designed for ages 16 & up.

Babysitting is available. Please consult your doctor prior to starting any exercise program.

STRENGTH AND FITNESS CLASSES

Cardio and Ring Boxing

Ages 16 & up

This intense workout will push your heart rate up with classic exercises like jump rope and shadowboxing. Then you'll learn basic offensive and defensive boxing skills like combinations, body shots, and single-punch power. Equipment is provided. *No experience needed*

13, 1 hour sessions

Class	Day	Time	TOH/NR
September 15-December 15			
2242.205	M	6-7pm	\$63/\$78

11, 1 hour sessions

September 19-December 12			
2242.206	F	5:30-6:30pm	\$53/\$70
No class Oct. 31 & Nov. 28			

Total Body Conditioning

This is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation! A total body strength workout to jump-start your metabolism!

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 10			
2241.104	M/W	6-7pm	\$130/\$162
2241.102	M/W	7:10-8:10pm	\$130/\$162

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2241.103	T	7-8pm	\$67/\$84

Total Body Circuit – Ages 16 & up

Blast fat and build muscle. Using free weights, balls, steps and bands this circuit class will move quickly from one exercise to the next. A great way to build your muscle and your heart.

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 10			
2241.101	M/W	9-10am	\$130/\$162

AB Core

This class will tone your abs and strengthen your lower back while emphasizing proper technique. Using stability balls and free weights you will work your muscles to the core. Modifications made for all fitness levels.

27, 45 minute sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2241.200	T/Th	12:15-1pm	\$130/\$162

Strength & Sculpt

Get a highly efficient full body work out using free weights, tubes and balls to strengthen and sculpt all muscle groups. Accommodates beginner to advanced fitness levels.

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2241.100	T/Th	11am-12pm	\$130/\$162

FLOOR AEROBIC CLASSES

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping; followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes and come have a blast!

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 10			
2241.203	M/W	7:15-8:15pm	\$130/\$162

Kickboxing

Using kicks, punches and martial arts training techniques with actual targets you will see gains in agility, strength, balance, coordination and cardio fitness. Basic self defense techniques in each class.

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2241.220	T/Th	7-8pm	\$130/\$162



Boot Camp for Women & Men

Dedication Determination Motivation Fun!

Come join the Boot Camp for Women or Boot Camp for Men Program. Both are challenging outdoor programs that focus on improving your cardiovascular stamina and increasing your muscle tone and strength while decreasing your body fat and changing your body composition. Each session consists of highly-structured and unique workouts that will make you sweat!

The program is suitable for all ability levels, and the workouts are tailored to each person. You will receive a great workout regardless of your body type or fitness level. A monthly fitness analysis will also help you gauge your progress along the way. We'll help you achieve unbelievable results!

To learn more, call 1-877-62SHAPE (877-627-4273), or visit our website at www.FIResults.com

Held at Herndon Community Center

Monday through Friday

6-7am & 7:30-8:30am

New sessions begin monthly

Guaranteed results!



Kid Care



Take advantage of the drop-off babysitting service, run by our friendly staff.

Monday-Friday 7:45-11:30am

Monday-Thursday 5:30-9pm

Saturdays 9am-12pm

• \$4 for 2 hours

• \$45 for 15-visit punch pass **2243.108**

• \$60 for 25-visit punch pass **2243.109**



Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered in an HCC program or using the facility.



Zumba Fitness

Zumba Fitness is a Latino influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-December 8			
2241.207	M	4:55-5:55pm	\$67/\$84
September 9-December 16			
2241.210	T	8-9pm	\$67/\$84
September 10-December 10			
2241.209	W	4:55-5:55pm	\$67/\$84

COMBINATION FLOOR & STEP AEROBICS

Step and Stability Ball

This energizing class is a combination of cardio step and core strength training using the stability balls. These two together will burn lots of calories and get your heart pumping. The stability balls are excellent for building core strength and improving everyday, functional movements.

14, 45 minute sessions

Class	Day	Time	TOH/NR
September 10-December 10			
2241.225	W	12-12:45pm	\$67/\$84

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross training class to get your heart and muscles

pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2242.201	T/Th	9:30-10:30am	\$130/\$162

STEP AEROBIC CLASSES

Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2241.204	T/Th	5:50-6:50pm	\$130/\$162

"EARLY BIRD" WORKOUTS

Designed so you can workout, shower, dress and still get to work on time. Sessions include locker room privileges.

Total Body Conditioning

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 10-December 10			
2243.105	W	6-7am	\$67/\$84

Step & Sculpt

27, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 16			
2241.221	T/Th	6-7am	\$130/\$162

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 12-December 12			
2241.222	F	6-7am	\$67/\$84

WEEKEND WARRIORS

Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 12-December 19			
2241.223	F	9:30-10:30am	\$67/\$84

Zumba Fitness

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 13-December 20			
2241.208	Sa	11am-12pm	\$67/\$84

Total Body Conditioning

13, 1 hour sessions

Class	Day	Time	TOH/NR
September 14-December 21			
2241.106	Su	9:30-10:30am	\$63/\$78

Cardio Blast

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 13-December 20			
2241.105	Sa	9-10am	\$67/\$84

FALL 2008 FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt	6-7 Total Body Conditioning	6-7 Step & Sculpt	6-7 Step & Sculpt	
9:30-10:30 Total Body Conditioning	9-10 Total Body Circuit	9:30-10:30 Cardio/Sculpt	9-10 Total Body Circuit	9:30-10:30 Cardio/Sculpt	9:30-10:30 Step & Sculpt	9-10 Cardio Blast
		11-12 Strength & Sculpt		11-12 Strength & Sculpt		11-12 Zumba
		12:15-1 Ab Core	12-12:45 Step & Stability Ball	12:15-1 Ab Core		
	4:55-5:55pm Zumba		4:55-5:55pm Zumba			
	6-7 Cardio Ring Boxing Total Body Conditioning	5:50-6:50 Step & Sculpt	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt	5:30-6:30 Cardio Ring Boxing	
	7:10-8:10 Total Body Conditioning	7-8 Kickboxing Total Body Conditioning	7:10-8:10 Total Body Conditioning	7-8 Kickboxing		
	7:15-8:15 Cardio Blast	8-9 Zumba	7:15-8:15 Cardio Blast			



YOGA

Infinite Child Yoga

NEW

Ages 3-11

Our yoga program follows the child by supporting children's natural tendency toward deep concentration. Yoga has the ability to transform a child's life; especially in today's fast paced society. Yoga is the perfect form of exercise, promoting deep concentration, body awareness, balance, and focus. It is a non-competitive, safe and fun way for children to develop these important skills. *No prior experience needed. Wear comfortable clothing.*

12, 30 minute sessions

Ages 3-5 (Child must be 3 years old by first class date, no exceptions)

Class	Day	Time	TOH/NR
September 8-November 24			
2247.116	M	3:15-3:45pm	\$43/\$54
September 10-November 26			
2247.118	W	3:15-3:45pm	\$43/\$54

12, 45 minute sessions

Ages 6-11

Class	Day	Time	TOH/NR
September 8-November 24			
2247.117	M	4-4:45pm	\$65/\$81
September 10-November 26			
2247.119	W	4-4:45pm	\$65/\$81

Gentle Yoga – Ages 55 & up

A functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself. Please bring water, small pillow, mat and blanket to each class.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 10-November 26			
2247.110	W	10:30-11:30am	\$86/\$108



Chair Yoga – Ages 16 & up

This class is a positive and gentle workout that will safely stretch, strengthen and stimulate the body. Persons who are challenged to maneuver down onto the floor will benefit from Chair-yoga. A chair is used for sitting in place of standing and balancing. Classical yoga postures and/or modifications are practiced.

Chair-Yoga students are always mindful of their own strengths and limits.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 14-December 14			
2247.114	Su	10:30-11:30am	\$86/\$108
September 9-November 25			
2247.115	T	10:30-11:30am	\$86/\$108

Prenatal/Postpartum Yoga

Ages 16 & up

A safe, daily practice of modified Yoga for Prenatal/Postpartum (4-6 wks after delivery) students. This class carefully guides the student through mindful breathing, postures, and rejuvenating poses. Enjoy support and encouragement for physical & emotional changes during/after pregnancy. The key principles of relaxation, breath control and endurance will be reinforced. Students will use these valuable tools for delivery, caring for baby, AND most importantly, maintaining her own strength & composure.

Raymonde Bielak offers many years of gentle yoga practice and instruction.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 10-November 26			
2247.111	W	5-6pm	\$86/\$108

Laughter Yoga – Ages 16 & up

This approach is designed for laughter without the use of jokes or comedy. We simply engage in laughter exercises, yoga stretching & breathing, and playful rhythm & clapping. Soon enough chuckles and chortles become genuine. This infectious joy continues a wave of health boosting laughter. Appropriate for all ages. Does not involve strenuous physical exercise. Benefits include feeling good, stimulating creativity and reducing stress. Rae is a Laughter-Yoga certified Instructor.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 2			
2247.112	T	5-6pm	\$86/\$108



Kundalini Yoga – Ages 16 & up

Suitable for beginners and all levels. Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat at least 3/16" thick, and a lightweight blanket.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2247.101	M	7:30-9pm	\$91/\$114
September 11-December 4			
2247.103	Th	7-8:30pm	\$91/\$114

Hatha Yoga – Ages 16 & up

Hatha Yoga uses a combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility and endurance. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

Beginner

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 14-December 14			
2247.108	Su	11:45am-1:15pm	\$91/\$114

Intermediate

At least one previous session of yoga at HCC or previous yoga experience is required to register for Intermediate Yoga.

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 14-December 14			
2247.104	Su	1:30-3pm	\$91/\$114

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 10-November 26			
2247.107	W	7-8pm	\$86/\$108



No Class Oct. 4-5,
Nov. 27-28, and Dec. 7



Yoga/Pilates/Martial Arts

Lunch Time Yoga – Ages 16 & up

Leave the demands of work behind for an hour. Our instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class you will see how one hour can change your entire week. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 9- December 2			
2247.102	T	12-1pm	\$86/\$108

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-December 4			
2247.109	Th	12-1pm	\$86/\$108

FeldenKrais (Awareness Through Movement Method) – Ages 16 & up

A method of movement re-education that teaches people to move with greater ease and less effort, making daily life easier. The instructor will verbally guide students through a sequence of gentle movements so they learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, enhance flexibility, balance and coordination. Class is suitable for young and old. Wear comfortable clothing, and bring a mat at least 3/16" thick and a lightweight blanket.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 10-November 26			
2247.113	W	6-7pm	\$86/\$108

Pilates – Ages 16 & up

Come and refresh your mind and body. An innovative system of mind and body exercises which dramatically transform the way your body looks feels and performs. Build strength, gain long lean muscles, develop flat abdominals and a strong back while improving your muscles elasticity and joint mobility, but most important come and have fun.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 9-December 2			
2247.118	T	6-7pm	\$86/\$108
September 11-December 4			
2247.119	Th	6-7pm	\$86/\$108

Fencing – Ages 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 14-December 14			
2764.101	Su	6-8pm	\$96/\$120

The Art of Self Defense

Ages 12 & up

Classes will incorporate a combination of stretching, conditioning and effective techniques that will increase confidence, reduce stress, boost energy, fitness, and health and teach you a very practical system of self protection. This class will teach techniques that consist of simple or basic body movements that everyone is capable of performing.

Self Defense will improve both body and mind, empower you with a life-saving skill; it's exciting, fascinating and great fun. Self Defense techniques have evolved from basic Karate, Judo, Aikido and other Martial Arts techniques.

No uniform; wear comfortable clothing and sneakers. No prior experience necessary.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 13-December 6			
2227.103	Sa	10:30-11:30am	\$58/\$72

Shotokan Karate – Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

13, 1 hour sessions

Class	Day	Time	TOH/NR
September 12-December 19			
2767.101	F	7:05-8:05pm	\$62/\$78
No class on October 31			

RECREATION...
THE BENEFITS ARE ENDLESS
• maintain or obtain good physical health

Intro to Tae Kwon Do – Ages 7-14

One of the world's most popular martial arts, its many physical benefits are: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H.K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

14, 1 hour sessions

Class	Day	Time	TOH/NR
September 10-December 10			
2227.101	W	6-7pm	\$67/\$84



Kendo Level 1 – Ages 13 & up

Kendo, the Way of the Sword - bringing the tradition of Kendo training to the modern world. Kendo strives to bring the mind, body, and spirit together as one. Level I introduces students to Kendo, the art of Japanese Fencing. Class emphasizes a strong understanding of Kendo basics, including etiquette, foot work and basic strikes.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 14-December 14			
2227.102	Su	10:30-11:30am	\$58/\$72

Kendo Level 2 – Ages 13 & up

Prerequisite: completion of Level 1. This class will expand on knowledge learned during Level 1 and incorporate more advanced techniques and workouts.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 14-December 14			
2227.104	Su	11:45am-12:45pm	\$58/\$72



FALL 2008 OPEN GYM SCHEDULE

Monday	11:30am-2pm	1/2 Adult Basketball
	8:30-10pm	Adult Basketball
Tuesday	11:30am-12:30pm	Adult Basketball
	8:15-10pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	11:30am-12:30pm	Adult Basketball
	8:30-10pm	Adult Volleyball
Thursday	1-2:30pm	Adult Basketball
	6:30-8:30pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Friday	11:30am-2:30pm	Adult Basketball
	7-10pm*	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	1-4pm	Adult Basketball & 1/2 Youth Basketball
Sunday	8:30am-10pm	1/2 Youth Basketball & 1/2 Adult Basketball
	1-6pm	Adult Volleyball

Youth = 17 years & under. Subject to change. Check monthly schedule.

Ages 8-11 must be accompanied by a paying adult.

*Canceled during Teen Nights

Basketball!

Basketball Season is right around the corner. Get excited and get ready for our Winter Adult Basketball League. Check out our Winter brochure for more information. Registration will begin mid-December; play begins mid-January.

RACQUETBALL LEAGUE

Have fun, get in shape and meet new playing partners. Players are provided a weekly schedule and then arrange matches with opponents at their mutual convenience. The season consists of ten games in an eight week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit.

Divisions:

2743.100 – Beginner

2743.102 – Intermediate

2743.103 – Advanced

Awards to top two finishers in each division. Court fees are included in registration fee. Players receive a punch card to be used during the season.

TOH-\$53 /NR-\$66

Registration deadline:
Wednesday, September 24

First week of play begins:
Sunday, September 28

**First two weeks of play will be round robin to determine skill level of each player.

League director reserves the right to combine divisions, if necessary.

For more information please call
703-787-7300.

HERNDON RATTLERS YOUTH WRESTLING PROGRAM

Rattlers wrestling is a way to introduce youngsters to the sport of wrestling and to prepare them for high school wrestling. While learning basic wrestling skills, kids will participate in drills and games that will improve their balance and coordination. Wrestling can increase strength, agility, speed, and mental toughness. In addition, it is one of the best cross training sports for football, soccer, and lacrosse. Kids will be paired with classmates of similar size, age, and ability. Any "body" can wrestle – short, tall, skinny or husky.

Boys and girls ages 5-14

Herndon High School Wrestling Room Season runs from November to February. Practices will be Mondays and Wednesdays from 6-8pm and Saturdays from 10am-12pm. Tournaments will also be held on Saturday and Sundays. Once registered, you will be notified of first practice date.

\$100 – Includes AAU wrestling registration, league fees, t-shirt, and awards.

Registration: **2743.202**

Registration Deadline:

Friday, October 24

Thursday Night Soccer



Ages 18 & up

Introducing the Herndon Thursday Night Indoor Soccer League or Futsal/ *fútbol sala/de salón*. The league will run every

Thursday evening at the Herndon Community Center from 8:30-10pm. Each team is allowed only five active players on the floor at one time (five per side) including the goal keeper. Roster may have a minimum of 5 players and a maximum of 10. Individuals may be placed on rosters under maximum at discretion of league director.

Team Entry Fee: \$200

Individual Entry Fee: \$30

Call **703-787-7300** for more info.

Registration Deadline: Tuesday, September 30

Play Begins: Thursday, October 2

2743.203

HERNDON CENTENNIAL GOLF COURSE



GREAT COURSE CONDITIONS,
LOCATION & SERVICE = GREAT VALUE

A Round to Remember:

18 Hole Greens Fee Weekend: \$44 Weekday: \$31 Cart Fee: \$15

Special rates for Seniors, Juniors, Town of Herndon Residents and 9-hole play – *walking allowed weekdays and weekends.*

Outings: Herndon Centennial Golf Course is the perfect place for your next golf outing large or small including: – corporate outings – team building events – fund-raisers – wedding parties/reunions and more... *per player rates as low as \$40* include: greens fee, cart fee, range balls, yardage books, registration setup, personalized cart signs & score cards, on-course contest setup.

Additional services to customize your event include instructional clinics and food/beverage packages.

Visit www.herndongolf.com and book now for your *Round-to-Remember!*

Herndon Centennial Golf Course
909 Ferndale Avenue, Herndon, VA 20170
703-471-5769



Fitness Room Orientation

Get to know the Fitness Room better! The Fitness Room staff will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment, and other fitness equipment. *Please sign up at the Fitness Room Desk.*

1, 30 minute session

Tuesdays 7pm

No Fee

fitEXPRESS

fitEXPRESS is a personalized 30-minute total body workout designed by one of our trainers. The trainer will develop a workout specific to your fitness goals. fitEXPRESS sets you up with a workout on file in the Fitness Room to do each time you are here.

1, 45 minute session

Class	TOH/NR
2274.200	\$50/\$50
2274.201	\$75/\$75 (1 Hour Session With Fitness Assessment & Evaluation)

Running 201

Designed for runners who can already run at least 2-3 miles but are looking to improve their overall performance. With the Turkey Trot on the horizon now is the time to increase your speed. Classes will be held in the Fitness Room and will involve cardiovascular, strength and flexibility training specific to runners. You may register for Running 201 even if you did not participate in Running 101. Registration includes a fitness & nutrition log, 10 classes and an initial private assessment.



10, 1 hour sessions

Class	Day	Time	TOH/NR
September 16-November 18			
2274.300	T	7-8pm	\$45/\$50

One-on-One Nutrition Consultations

Maybe you just want to learn how to eat healthier foods or maybe you're looking to lose 20 pounds; no matter the goal our nutrition counselor can help. Holli Luongo, MS, RD, is a registered dietitian who has years of experience with clients of all walks of life.

1, 45 minute session

Class	TOH/NR
2275.100	\$65/\$65



Welcome Holli!

Holli Luongo is a Registered Dietitian with a BS in Dietetics from the University of Delaware and a Master of Science Degree in Health

Promotion Management from American University. She also holds a certificate of training in Adult Weight Management from the Commission on Dietetic Registration and is a member of the American Dietetic Association as well as the Virginia Dietetic Association. Holli will offer private sessions and group seminars here at the Herndon Community Center. Contact Fitness Specialist, Liz Kamp, for additional information at **(703)435-6800 x2127**.

Come meet Holli outside the Fitness Room on Monday, September 8 from 6-7pm! She'll be offering information on various nutrition topics and is happy to answer your questions.

Portion Distortion: How much are you really eating?

Do you not know how much you should be eating at each meal and snack? Learn why a soda from a restaurant is really two portions; learn how much a real portion is and how much you should be eating. Our dietitian, Holli Luongo, will help you learn how to get started eating proper portions for ultimate nutrition success.

1, hour session

Class	Day	Time	TOH/NR
September 22			
2275.200	M	6-7pm	\$10/\$10

Jump Start

Get a little help from our trainers and nutritionist. This 4-week intensive program will get you moving and will give you the tools to continue on your own after the program is over. Jump Start is goal-oriented and tailored to fit your needs. You'll meet with a trainer twice a week and will have one 45-minute nutrition consultation to arm you with the eating plan necessary to reach your goals. All sessions must be completed within 4 weeks of the first session.

8, 30 minute personal training sessions over 4 weeks

1, 45 minute nutritional consultation

Class	TOH/NR
2275.201	\$200/\$225



Personal Training

Each package (6 or more sessions) includes a full Fitness Assessment and Evaluation, a detailed, custom-designed exercise regimen, and a Personal Trainer to be with you every step of the way!

Personal Training Fees

Town of Herndon Resident/Non-Resident

One-on-One Personal Training

1, 30 minute session	1, 45 minute session
2274.100 \$30/\$30	2274.101 \$40/\$40
6, 30 minute sessions	6, 45 minute sessions
2274.102 \$145/\$170	2274.103 \$210/\$240
10, 30 minute sessions	10, 1 hour sessions
2274.104 \$180/\$170	2274.105 \$300/\$350

YOUTH FITNESS

Youth Fitness Orientation

Ages 12-15 are required to hold a Youth Fitness Pass to use the Fitness Room. Once the youth is 16 years old, he/she does not have to carry a Youth Fitness Pass. Orientations teach proper use of the equipment, techniques, and safety in the Fitness Room. You only need to successfully attend one session in order to obtain a Youth Fitness Pass. Sessions are held weekly; choose the week most convenient for you and begin your own workout program at the HCC.

1, 45 minute session

Class	Day	Time	TOH/NR
September 9-December 16			
2245.100	T	5-5:45pm	\$5/\$5

Athletic Training for Teens

This course is designed to lay a foundation for athletic success. Students will learn proper approach to increase strength, power, speed and stamina. Students will also learn how balance, agility and coordination can help improve performance at any level in any sport or competition.

6, 1 hour sessions

Class	Day	Time	TOH/NR
September 11-October 16			
2245.200	Th	5-6pm	\$40/\$45
October 23-December 4 (no class November 27)			
2245.201	Th	5-6pm	\$40/\$45





GYMNASTICS

The gymnastics program includes instruction in floor exercise, balance beam, uneven bars, and vaulting. Students learn the fundamental progressions and are introduced to basic skills on each event. Children are grouped by age and ability. Advancement is based on obtaining the required skill and form. Separate classes have been designed for girls and boys due to the different areas of specialization. Levels should be repeated, if necessary, to acquire the skills to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class if they are below the skill level necessary to complete the class or if a child is a safety issue in class.

Gymnastics Guidelines

Level One: No experience necessary. A student may need to repeat several times before advancing.

Level Two: Must have previous experience with Level One, which includes ability to execute a cartwheel, squat on vault, pull over and squat-turn on beam.

Level Three: Must have previous experience in Level Two, which includes ability to execute a running hurdle cartwheel, handstand, pull-over with cast on uneven bars and cartwheel on low beam.

GYMNASTICS FOR GIRLS

Level One – Ages 5-7

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.103	M	3-4pm	\$98/\$118
2722.104	M	4:15-5:15pm	\$98/\$118
September 3-November 19			
2722.105	W	4:15-5:15pm	\$98/\$118
September 5-December 5			
2722.106	F	5:30-6:30pm	\$98/\$118

Ages 8-10

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.112	M	5:30-6:30pm	\$98/\$118

Level Two – Ages 5-7

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.115	M	4:15-5:15pm	\$98/\$118
2722.116	M	5:30-6:30pm	\$98/\$118
September 5-December 5			
2722.117	F	4:15-5:15pm	\$98/\$118
September 6-November 29			
2722.212	Sa	11:30am-12:30pm	\$98/\$118

Ages 8-10

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-November 19			
2722.119	W	5:30-6:30pm	\$98/\$118
September 5-December 5			
2722.118	F	4:30-5:30pm	\$98/\$118

Level Three – Ages 7 & up

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-November 19			
2722.120	W	5:30-6:30pm	\$98/\$118

GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

Level One – Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.301	M	3-4pm	\$98/\$118
September 3-November 19			
2722.302	W	3-4pm	\$98/\$118

Level Two – Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 5-December 5			
2722.303	F	3:15-4:15pm	\$98/\$118

All Levels – Ages 7 & up

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 5-December 5			
2722.304	F	4:30-5:30pm	\$98/\$118

GYMNASTICS FOR YOUNG BEGINNERS

Boys & Girls – Ages 4-6

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.305	M	12:30-1:15pm	\$72/\$90
September 2-November 25			
2722.306	T	12:30-1:15pm	\$72/\$90
September 3-November 19			
2722.307	W	12:30-1:15pm	\$72/\$90
2722.311	W	1:30-2:15pm	\$72/\$90
2722.310	W	3-4:15pm	\$72/\$90
September 4-November 20			
2722.308	Th	11:30am-12:15pm	\$72/\$90
September 5-November 21			
2722.312	F	3:30-4:15pm	\$72/\$90

GYMNASTICS FOR HOMESCHOOLERS

This class is tailored for children who are home-schooled and provides an opportunity for physical education by learning basic gymnastic skills on the floor, vault, uneven bars, and balance beam. It is taught in a positive and safe environment while gaining socialization and self-confidence.

Ages 5-8

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.404	M	1:30-2:30pm	\$98/\$118
September 3-November 19			
2722.400	W	4-5pm	\$98/\$118
September 5-December 5			
2722.406	F	11:30am-12:30pm	\$98/\$118

Ages 7-12

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.405	M	4-5pm	\$98/\$118
September 5-December 5			
2722.401	F	12:30-1:30pm	\$98/\$118

ADAPTED GYMNASTICS

Children with disabilities learn basic gymnastics in a safe environment through obstacle course activities. This class enhances movement, balance, coordination, and socialization. It is designed with an instructor-to-participant ratio of 1:3, which gives safe instruction and builds confidence.

Boys and Girls – Ages 4-7

12, 35 minute sessions

Class	Day	Time	TOH/NR
September 6-November 29			
2722.402	Sa	10:50-11:25am	\$48/\$60

Gymnastics Mini Sessions

Ages 3-5

5, 2 hour sessions

Class	Day	Time	TOH/NR
December 8-December 12			
2712.210	M-F	10am-12pm	\$60/\$75
2712.211	M-F	1-3pm	\$60/\$75
December 15-December 19			
2712.212	M-F	10am-12pm	\$60/\$75
2712.213	M-F	1-3pm	\$60/\$75

Ages 6-10

3, 2 hour sessions

Class	Day	Time	TOH/NR
December 8,10,12			
2712.214	M/W/F	4-6pm	\$36/\$45
December 15,17,19			
2712.215	M/W/F	4-6pm	\$36/\$45



No Classes Oct. 11,
Oct. 31, Nov. 4 & 27-28



Gymnastics and Outdoor Tennis

JOIN OUR PRESCHOOL MOVEMENT PROGRAM

A coed movement program combining fitness, elementary gymnastics, rhythm, and games to develop your child's motor coordination, strength, and flexibility, and includes classes beginning with Parent-Child to continuing programs designed for younger gymnasts. Children are introduced to basic skills by using obstacle courses to maintain fun in a structured format. Children should be ready for group instruction.

Parent-Child – Ages 2-3

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.202	M	9:30-10:15am	\$72/\$90
September 2-November 25			
2722.200	T	9:30-10:15am	\$72/\$90
September 4-November 20			
2722.201	Th	9:30-10:15am	\$72/\$90
September 6-November 29			
2722.209	Sa	10-10:45am	\$72/\$90



Tumbling – Ages 3-4

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2722.203	M	10:30-11:15am	\$72/\$90
2722.204	M	11:30am-12:15pm	\$72/\$90
September 2-November 25			
2722.207	T	11:30am-12:15pm	\$72/\$90
September 3-November 19			
2722.208	W	10:30-11:15am	\$72/\$90
2722.215	W	11:30am-12:15pm	\$72/\$90
2722.217	W	1:30-2:15pm	\$72/\$90
September 4-November 20			
2722.205	Th	10:30-11:15am	\$72/\$90
September 5-December 5			
2722.206	F	9:30-10:15am	\$72/\$90

Tumbling – Ages 4-5

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2712.200	M	10:30-11:15pm	\$72/\$90
2712.201	M	11:30am-12:15pm	\$72/\$90
September 2-November 25			
2712.202	T	10:30-11:15am	\$72/\$90
September 3-November 19			
2712.203	W	10:30-11:15am	\$72/\$90
2712.204	W	11:30am-12:15pm	\$72/\$90
2712.205	W	12:30-1:15pm	\$72/\$90
2712.206	W	1:30-2:15pm	\$72/\$90
2722.213	Th	11:30am-12:15pm	\$72/\$90
September 4-November 20			
2712.207	Th	12:30-1:15pm	\$72/\$90
September 5-December 5			
2712.208	F	1:45-2:30pm	\$72/\$90
September 6-November 29			
2712.209	Sa	11:30am-12:15pm	\$72/\$90

Family Gymnastics – Ages 2-5

One parent and one child

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 3-November 19			
2722.210	W	9:30am-10:15am	\$72/\$90
September 5-December 5			
2722.211	F	10:30am-11:15am	\$72/\$90



OUTDOOR TENNIS CLASSES

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 18 before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

Students must provide their own racquet, *two new cans of tennis balls*, and may wear athletic footwear, only.

PEE WEE

Pee Wee Tennis – Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions

Class	Day	Time	TOH/NR
September 3-29			
2712.112	M/W	10:10-10:40am	\$35/\$44
September 2-25			
2712.114	T/Th	4-4:30pm	\$35/\$44
September 2-25			
2712.115	T/Th	4:30-5pm	\$35/\$44

YOUTH

Beginner – Ages 6-8 (1.0-1.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-October 1			
2727.117	M/W	5-5:45pm	\$48/\$60
September 13-November 8			
2727.116	Sa	9-9:45am	\$48/\$60
September 2-25			
2727.119	T/Th	5-5:45pm	\$48/\$60

Advanced Beginner

Ages 6-8 (2.0-2.5)

8, 45 minute sessions

Class	Day	Time	TOH/NR
September 13-November 8			
2727.120	Sa	11-11:45am	\$48/\$60

Beginner – Ages 9-15 (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 13-November 8			
2727.115	Sa	10-11am	\$54/\$68
September 9-October 2			
2727.118	T/Th	6-7pm	\$54/\$68

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-October 1			
2727.111	M/W	6-7pm	\$54/\$68
September 2-25			
2727.120	T/Th	7-8pm	\$54/\$68



Intermediate – Ages 9-15 (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-October 1			
2727.112	M/W	7-8pm	\$54/\$68
September 13-November 8			
2727.113	Sa	11am-12pm	\$54/\$68

Intermediate & Advanced Drills & Strategy – Ages 9-15 (3.5-4.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 13-November 8			
2727.114	Sa	12-1pm	\$54/\$68

ADULTS – Ages 16 & up

Beginner – (1.0-1.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-29			
2761.122	M/W	6-7pm	\$54/\$68

4, 1 hour sessions

September 6-27			
2761.121	Sa	8-9am	\$27/\$41

Advanced Beginner – (2.0-2.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-29			
2761.127	M/W	7-8pm	\$54/\$68

4, 1 hour sessions

September 6-27			
2761.128	Sa	9-10am	\$27/\$41

Intermediate Drills & Strategy – (3.0-3.5)

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-29			
2761.124	M/W	8-9pm	\$54/\$68

4, 1 hour sessions

September 6-27			
2761.125	Sa	10-11am	\$27/\$41

Inclement Weather Policy

Decision on tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.



Reminder: Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call 703-435-6866 for information. Classes will be made up at the end of the session at the regularly scheduled class time.

Scheduling changes as a result of inclement weather impacting athletic field use or outdoor programs or events will be announced on 703-435-6866.

TENNIS SHOULD BE FUN TOO

Drills...drills...drills

Technique: proper strokes and footwork.

Repetition...repetition...repetition

All of this should help make the student a better player but students may get bored and probably lose interest in tennis. Students, especially the younger ones, need some “fun” mixed in with the lessons—that’s when the games play an important role to allow students to enjoy their time on the court...the students’ interest can be maintained as the “fun” is introduced into the lessons.

Doubles play also helps the student learn actual match play situations, teamwork as well as tennis rules and scoring knowledge. Doubles is a valuable teaching lesson since most students will probably end up playing more doubles than singles in their life time. Doubles play allows the student to use his/her skills while having “fun.”



Doubles Play and Strategy

Ages 16 & up (all levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men’s, women’s, and mixed doubles players are welcome.

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-29			
2791.111	M/W	10-11am	\$54/\$68

Fit & Over 50 Tennis

Ages 50 & up (all levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-29			
2761.527	M/W	9-10am	\$54/\$68

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

2.0-2.5 Advanced Beginner

Student has the ability to hit balls that don’t require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.



No Sessions Nov. 26-30 & Dec. 22-Jan 3



Indoor Tennis

BREADY PARK INDOOR TENNIS

Monday - Friday: 6am-10:30pm; Saturday: 9am-10:30pm, Sunday: 8am-9pm
Open September 29, 2008, through April 19, 2009

	CONTRACT TIME Court cost is per hour	RANDOM TIME*
Prime Time (after 5pm Mon-Fri; Sat & Sun all day):		
Adult TOH Resident	\$24	\$28
Adult Non Resident	\$32	\$36
Non-Prime Time (before 5pm week days):		
Adult TOH Resident	\$20	\$22
Adult Non Resident	\$28	\$30
Youth/Senior TOH	\$18	\$20
Youth/Senior Non Resident	\$22	\$24

*Reservations for random time may be made seven days in advance.
ID required for Town of Herndon Resident rates.

Cancellation Policy:

- A) Before 48 hours of scheduled time of play-NO CHARGE
 - B) 48 to 24 hours from scheduled time of play-\$5 PER RESERVED HOUR
 - C) Within 24 hours from scheduled time of play-FULL COURT FEE.
- All no shows will be financially responsible for FULL COURT FEE.

FLIGHTS

Cost is per player. Call Bob Hilferty
703-435-6800, x2110



Men's Doubles

NTRP Ratings 3.0-4.5

Class	Day	Time	TOH/NR
September 30-April 14			
2743.112	T	8:30-10:30pm	\$395/\$495

Women's Doubles

NTRP Ratings 2.5-3.5

Class	Day	Time	TOH/NR
October 1-April 15			
2743.115	W	9-11am	\$325/\$400

INDOOR DOUBLES TENNIS TOURNAMENT

Coed

November 28-30

Round Robin Format

Entry deadline: Monday, November 24

Play begins: Friday, November 28

Call 703-435-6800 x2114

2751.401 - \$25 per player



EARLY BIRD TENNIS

September 29-April 17

Weekdays 6-9am

\$425 per player - Unlimited Play

Call 703-435-6800 x2114

INDOOR TENNIS

Pee Wee Tennis

Beginner - Ages 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).

Session 1

6, 30 minute sessions

Class	Day	Time	TOH/NR
October 6-November 10			
2711.115	M	4-4:30pm	\$26/\$33
2711.116	M	4:30-5pm	\$26/\$33
October 9-November 13			
2711.117	Th	4-4:30pm	\$26/\$33
2711.118	Th	4:30-5pm	\$26/\$33

Session 2

7, 30 minute sessions

Class	Day	Time	TOH/NR
November 17-January 12			
2711.125	M	4-4:30pm	\$31/\$39
2711.126	M	4:30-5pm	\$31/\$39

6, 30 minute sessions

Class	Day	Time	TOH/NR
November 20-January 15			
2711.127	Th	4-4:30pm	\$26/\$33
2711.128	Th	4:30-5pm	\$26/\$33



YOUTH

All students must provide their own racquet and wear tennis shoes. *Class ratio will not exceed 7 students to 1 instructor.*

Beginner - Ages 6-8

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 8-November 12			
2721.111	W	4-5pm	\$53/\$66
October 11-November 15			
2721.112	Sa	9-10am	\$53/\$66

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 19-January 14			
2721.121	W	4-5pm	\$53/\$66
November 22-January 17			
2721.122	Sa	9-10am	\$53/\$66

Beginner - Ages 9-15

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 8-November 12			
2721.211	W	5-6pm	\$53/\$66
October 11-November 15			
2721.212	Sa	10-11am	\$53/\$66

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 19-January 14			
2721.221	W	5-6pm	\$53/\$66
November 22-January 17			
2721.222	Sa	10-11am	\$53/\$66

Advanced Beginner - Ages 6-8

Must have approval of previous instructor or equivalent playing skills

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 6-November 10			
2721.231	M	5-6pm	\$53/\$66
October 9-November 13			
2721.232	Th	5-6pm	\$53/\$66

Session 2

7, 1 hour sessions

Class	Day	Time	TOH/NR
November 17-January 12			
2721.241	M	5-6pm	\$62/\$77
6, 1 hour sessions			
November 20-January 15			
2721.242	Th	5-6pm	\$53/\$66



Advanced Beginner – Ages 9-15

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 10-November 14			
2721.313	F	4-5pm	\$53/\$66
October 11-November 15			
2721.314	Sa	11am-12pm	\$53/\$66
Doubles Play (New)			
Learn to play doubles; actual match play			
October 7-November 11			
2721.312	T	4-5pm	\$53/\$66

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 21-January 16			
2721.323	F	4-5pm	\$53/\$66
November 22-January 17			
2721.324	Sa	11am-12pm	\$53/\$66
Doubles Play (New)			
Learn to play doubles; actual match play			
7, 1 hour sessions			
November 18- January 13			
2721.322	T	4-5pm	\$62/\$77

Intermediate – Ages 12-15

Must have approval of tennis manager (call 703-435-6800 x2110) or enroll on wait list and you will be scheduled for a tryout.

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 10-November 14			
2721.413	F	5-6pm	\$53/\$66
October 11-November 15			
2721.414	Sa	12-1pm	\$53/\$66
Doubles Play (New)			
Learn to play doubles; actual match play			
October 7-November 11			
2721.412	T	5-6pm	\$53/\$66

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 21-January 16			
2721.423	F	5-6pm	\$53/\$66
November 22-January 17			
2721.424	Sa	12-1pm	\$53/\$66
Doubles Play (New)			
Learn to play doubles; actual match play			
7, 1 hour sessions			
November 18-January 13			
2721.422	T	5-6pm	\$62/\$77

USTA SANCTIONED MEN'S OPEN SINGLES TENNIS TOURNAMENT

Player should be a 4.0 NTRP or higher level player.

No online registration...

must sign up with tennis manager.

Open to all USTA Members Ages 16-60

December 26-29

Entry deadline December 19

2741.901 - \$40 per player

Call 703-435-6800 x 2114

Advanced – Ages 13 & up

Must have approval of tennis manager (call 703-435-6800 x2110) or enroll on wait list and you will be scheduled for a tryout.

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 11-November 15			
2731.511	Sa	1-2pm	\$53/\$66

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 22-January 17			
2731.521	Sa	1-2pm	\$53/\$66

ADULT – Ages 16 & up

Beginner – NTRP 1.0-1.5

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 11-November 15			
2741.112	Sa	9-10am	\$67/\$84

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 22-January 17			
2741.122	Sa	9-10am	\$67/\$84

Beginner/Advanced Beginner

Beginner must have had at least ten beginner lessons.

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 6-November 10			
2741.212	M	9:30-10:30am	\$67/\$84

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 17-January 12			
2741.222	M	9:30-10:30	\$67/\$84

Advanced Beginner – NTRP 2.0-2.5

Must have approval of tennis instructor or equivalent playing skills to register.

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 11-November 15			
2741.213	Sa	10-11am	\$67/\$84

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 22-January 17			
2741.223	Sa	10-11am	\$67/\$84

Intermediate Doubles Play & Strategy – NTRP 3.0-3.5

Must have approval of tennis instructor or have equivalent playing skills to register.

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 11-November 15			
2741.313	Sa	11am-12pm	\$67/\$84

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 22-January 17			
2741.323	Sa	11am-12pm	\$67/\$84

Intermediate/Advanced

NTRP 3.5-4.0

Must have approval of tennis instructor or equivalent playing skills to register.

Session 1

6, 1 hour sessions

Class	Day	Time	TOH/NR
October 11-November 15			
2741.411	Sa	12-1pm	\$67/\$84

Session 2

6, 1 hour sessions

Class	Day	Time	TOH/NR
November 22-January 17			
2741.421	Sa	12-1pm	\$67/\$84

Special Doubles for Adults/ Seniors – Ages 50 & Up

Session 1

6, 1.5 hour sessions

Class	Day	Time	60 & over	Under 60
October 6-November 10				
2751.111	M	12-1:30pm	\$43	\$47
October 9-November 13				
2751.112	Th	12-1:30pm	\$43	\$47

Session 2

7, 1.5 hour sessions

Class	Day	Time	60 & over	Under 60
November 17-January 12				
2751.221	M	12-1:30pm	\$50	\$54
November 20-January 15				
2751.222	Th	12-1:30pm	\$50	\$54





NATURE

All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Meet at the Kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs, and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them; no siblings please, unless they are signed up too. Please be on time as all programs start promptly!

Please check the location of your program, as fall/winter programs sometimes meet at various locations.

Runnymede Park

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled through the Town Naturalist at **703-435-6800 x2113** or the Town Community Forester at **703-435-6800 x2014**.

Picnic shelters are available for rental, call **703-787-7300**.

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

Do you have questions or concerns regarding wildlife? The Town Naturalist is available to answer your questions. Call **703-435-6800 x2113**.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call **703-435-6800 x2014**.

Nature Birthday Parties

Celebrate your birthday outdoors at Runnymede Park. Kids can choose from several themes: New! "Butterflies", Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each one-hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional fee, if available. Call **703-435-6800 x2113** to reserve your birthday. \$175 for up to 12 kids.

703-787-7300

Little Nature Inspector

Ages 4-5

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, park exploration, and plenty of "take homes" to reinforce our lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world. All programs will be held at Runnymede Park unless otherwise noted. Parents can wait at the picnic area or the Old Carroll Cabin during class or explore Runnymede Park. Feel free to register for all sessions.

3, 1 hour sessions

Pond Life, Animal Homes, Autumn

Class	Day	Time	TOH/NR
September 8, 15, 22			
2363.001	M	4-5pm	\$40/\$40

Spiders, Bugs, Reptiles, Bats

Class	Day	Time	TOH/NR
October 6, 20, 27			
2363.002	M	4-5pm	\$40/\$40

Bones and Furs, Hibernation, Animal Sounds

Class	Day	Time	TOH/NR
November 10, 17, 24			
2363.003	M	4-5pm	\$40/\$40

Butterflies in Winter, Tracks, Snow & Weather

Class	Day	Time	TOH/NR
December 1, 8, 15			
2363.004	M	4-5pm	\$40/\$40

SEPTEMBER

Owl Pellets – Ages 6-11

What is it that owls eat? You can find out by dissecting an owl pellet. You may find bones and fur or even feathers. Join us and learn about these Radical Raptors!

1, 1 hour session

Class	Day	Time	TOH/NR
September 13			
2363.005	Sa	11:30am -12:30pm	\$7/\$7

Meet at Runnymede Park



OCTOBER

Fall Hike on the Cross County Trail – Ages 14 & up

Take a break and let the stress of your work week melt away with this "early bird" hike led by one of our staff. We will explore a gentle trail that meanders along Accotink Stream to the sound of the bird's morning song and the smell of the coming fall season. Wear appropriate clothes for the weather and sturdy, comfortable shoes. This is a 5-6 mile round trip hike so bring plenty of water and snacks. Meet and park at Runnymede Park. Ending time may vary depending on speed and time of travel.

1, 4.5 hour session

Class	Day	Time	TOH/NR
October 11			
2363.007	Sa	7-11:30am	\$5/\$5

Make Your Own Compass

Ages 6 & up

Explore the park after you build your own homemade compass. Learn direction, settings, paces with the compass that you just made.

1, 1.5 hour session

Class	Day	Time	TOH/NR
October 17			
2363.008	F	5:30-7pm	\$6/\$6

Meet at Runnymede Park

Autumn Leaves – Families/All Ages

Leaves turn all sorts of colors in the fall. Bring the family and take a hike through Runnymede Park as we identify the native trees and leaves. Make your very own leaf craft to take home.

1, 1.5 hour session

Class	Day	Time	TOH/NR
October 18			
2363.009	Sa	10:30am-12pm	\$5 per family

Meet at Runnymede Park

The Truth about Bats

Families/All Ages

Just in time for Halloween, BATS! This program is an education in to the lives of our favorite flying mammal. We'll even have a bat-tastic craft to take home.

1, 1.5 hour class

Class	Day	Time	TOH/NR
October 23			
2363.010	Th	5:30-7pm	\$5 per family

Meet at Runnymede Park

NatureFest 2008

Sunday, September 21

See page 3



NOVEMBER

Fall Hike at Mason Neck

Ages 14 & up

Enjoy this relaxing hike in Mason Neck State Park and Wildlife Refuge. Explore some of the trails and see what wildlife comes our way as we enjoy the sights and smells of fall. Wear appropriate clothes for the weather and sturdy, comfortable shoes. Bring plenty of water and snacks too! Meet at the Herndon Community Center promptly at 8:00am. *Ending time may vary depending on speed and time of travel.

1, 4 hour session

Class	Day	Time	TOH/NR
November 1			
2363.011	Sa	8am-12pm	\$7/\$7

For the Birds – All Ages

Not all birds fly south for the winter, and the ones that come and stay here need a lot of food to help survive the winter. Come join us at the Herndon Community Center for an interactive workshop and learn how to make different kinds of suet for our winter friends and take what you made home with you! This activity is for bird lovers of all ages!

1, 1.5 hour session

Class	Day	Time	TOH/NR
November 14			
2363.012	F	6-7:30pm	\$5/\$5

Fall Nature Crafts – All Ages

Come and join us at the Herndon Community Center and find your wild, artsy side. We will explore our creative selves making crafts out of everyday recycled and/or natural objects. There will be 3-4 crafts to choose from with enough supplies for one of each per participant.

1, 2 hour session

Class	Day	Time	TOH/NR
November 8			
2363.013	Sa	8:30-10am	\$8/\$8

Herndon Community Center



Native American Dream Catcher – Ages 8 & up

Native Americans use legends and stories to promote powerful messages. Discover the meaning behind this powerful legend as we learn to weave a Native American Dream Catcher. This activity is better suited for older children and adults. All supplies will be provided.

1, 1.5 hour session

Class	Day	Time	TOH/NR
November 13			
2363.014	Th	5:45-6:45pm	\$10 per family

Herndon Community Center



RECREATION...
THE BENEFITS ARE ENDLESS
• experience a sense of adventure

Herndon Parks

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted) and a tot lot.

Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball and youth baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, soccer field, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball fields, walking areas and a multi-purpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available.

DECEMBER

"How Did They Do That?"

Ages 14 & up

This new program has been designed to bring a few of the "old traditions" back into our lives through Colonial Crafts. Did you ever want to learn how to make your own candles, pomanders, or your own herbal soap? Or perhaps you wouldn't mind relaxing while weaving away on a loom you made yourself? If the answer is yes to any of the above, then this program is right for you! Join us in this interactive workshop with our instructors and learn something new while doing something old. Activity best suited for older kids to adults. Meet at Herndon Community Center.

NEW

1, 3 hour session

Class	Day	Time	TOH/NR
December 6			
2363.015	Sa	9am-12pm	\$20/\$20

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features one youth baseball field and one softball field, soccer/multi-use field, basketball & volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking. Park includes two new picnic shelters (can be reserved) and a paved handicap-accessible trail, which leads to Sugarland Run Stream.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus, sand volleyball court, and an open play area. The picnic shelter is available for reservations.



No Class Oct. 11-12,
Nov. 4 & 27-30



Dance

BABY BALLERINAS

Baby Ballerinas – Ages 2-3

An exciting dance class for the little ones that teaches basic ballet positions while capturing the children's attention with powerful force of imagination. Leotards, tights, and ballet slippers are required.

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2441.002	M	10-10:45am	\$82/\$102
September 3-November 19			
2441.020	W	10-10:45am	\$82/\$102
September 6-November 29			
2441.033	Sa	9:15-10am	\$82/\$102

PRE-BALLET

Learn the basics of ballet along with beginning theory while providing a fun, enjoyable, nurturing experience to ensure a love for the art. Goals include proper posture and the learned choreography of a dance performance for the last day of class to be held for parents and friends.

Beginner – Ages 3-5

No experience needed

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2441.003	M	10:45-11:30am	\$82/\$102
September 2-November 25			
2441.012	Tu	10-10:45am	\$82/\$102
September 4-November 20			
2441.026	Th	10-10:45am	\$82/\$102
September 6-November 29			
2441.034	Sa	10-10:45am	\$82/\$102



Intermediate – Ages 3-5

1 session/6 months experience

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.013	Tu	10:45-11:30am	\$82/\$102
September 4-November 20			
2441.027	Th	10:45-11:30am	\$82/\$102

Intermediate/Advanced

Ages 3-5

1 session/9 months experience required

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2441.040	M	11:30am-12:15pm	\$82/\$102
September 6-November 29			
2441.035	Sa	10:45-11:30am	\$82/\$102

Advanced – Ages 4-6

2 sessions/1 year experience required

12, 45 minute sessions

Class	Day	Time	TOH/NR
September 4-November 20			
2441.028	Th	11:30am-12:15pm	\$82/\$102
September 5-November 21			
2441.045	F	11:30am-12:15pm	\$82/\$102

STORY BALLET

In ancient times storytelling, music and dance were the main forms of entertainment. Ballet combines body movement and mime to tell a story without words.

In our new story ballet class, ballet technique and performance of the story will be emphasized. Costumes will be provided for use in class.

“Nutcracker in a Shell”

Ages 6-10

All choreography from the “Land of Sweets Dances” will be taught. Boys and girls will learn the steps and prepare for a performance for family and friends.

6 months dance experience required

8, 1 hour sessions

Class	Day	Time	TOH/NR
September 4-November 20			
2411.041	W	5-6pm	\$82/\$102

RECREATION...

THE BENEFITS ARE ENDLESS

• balance the scales of
work and play

BALLET/TAP/JAZZ

Students will learn the basic rhythms of tap and jazz, and special stylized movements of ballet.

Beginning & Intermediate –

Ages 5-8

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 4-November 20			
2441.031	Th	5-6pm	\$82/\$102

Advanced – Ages 6-10

9 months experience needed

12, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 6-November 29			
2441.001	Sa	1:30-3pm	\$122/\$153

Happy Feet Tap – Ages 5-8

Students will learn basic tap technique with inspiration from a popular movie. Choreography to the song, “Dance Like a Penguin: Stomp to the Beat” from the movie “Happy Feet” will be learned and performed at the end of the session.

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.004	Tu	5-6pm	\$82/\$102

COMBINATION DANCE

The goal of Combination Dance is to offer the student experience in tap, ballet, and tumbling technique through a series of classes that promote a dancer who has a basic training in both athletic and fluid movement.

Beginner – Ages 3-5

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2441.052	M	12:15-1:15pm	\$82/\$102
September 2-November 25			
2441.014	Tu	11:30am-12:30pm	\$82/\$102
September 3-November 19			
2441.021	W	11am-12pm	\$82/\$102
September 6-November 29			
2441.036	Sa	11:30am-12:30pm	\$82/\$102

Ages 4-6

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.051	Tu	4-5pm	\$82/\$102



Intermediate – Ages 4-6

1 session/9 months experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.015	Tu	12:30-1:30pm	\$82/\$102

Intermediate/Advanced

Ages 5-8

1 session/9 months experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 6-November 29			
2441.037	Sa	12:30-1:30pm	\$82/\$102



HIP-HOP DANCE

Hip-Hop is noted for its lively, sometimes very bouncy style, and it's highly energetic and expressively performed. The hip-hop jazz class will emphasize creativity, and energy, while incorporating basic jazz steps with the modern styles.

Beginner – Ages 4-6

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 4-November 20			
2441.029	Th	3-4pm	\$82/\$102
September 5-November 21			
2441.050	F	12:15-1:15pm	\$82/\$102

Beginner – Ages 7-12

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-November 19			
2441.023	W	4-5pm	\$82/\$102

Beginner – Ages 8-12

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 6-November 29			
2441.039	Sa	3-4pm	\$82/\$102

Intermediate/Advanced

Ages 7-12

1 session/6 months experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 4-November 20			
2441.030	Th	4-5pm	\$82/\$102

ADULT DANCE

Ballet

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace, and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings, or sweats pants), a leotard or close-fitting T-shirt, ballet slippers or soft-shoes, and hair confined. No previous experience needed for adult ballet classes.

Ballet Technique – Ages 16 & up

(All Levels)

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.017	Tu	6-7pm	\$82/\$102
September 4-November 20			
2441.007	Th	12:15-1:15pm	\$82/\$102
September 4-November 20			
2441.032	Th	6-7pm	\$82/\$102

TAP DANCE

This class will work in the specific style, technique and musicality of the percussive footwork. Tap shoes required.

Beginner – Ages 16 & up

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 5-November 21			
2441.006	M	5-6pm	\$82/\$102

RECREATION...

THE BENEFITS ARE ENDLESS

- learn new skills and become a more well-rounded person

JAZZ DANCE

A broad term for American social and stage dance employing Jazz music. This class emphasizes bodyline and flexible torso, fast accurate footwork and isolations. Jazz dance is a forever changing creative dance style representing the past and the future of "Pop" culture.

All Levels – Ages 16 & up

No experience needed

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 4-November 20			
2441.016	Th	7-8pm	\$82/\$102

SALSA

Salsa has become a very popular dance form in recent years. This dance form originates from South and Latin America. It is the festival style and mood of this dance that has kept it alive. This class will also give you the opportunity to enter the world of social dancing!

Adult Salsa – Ages 16 & up

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.018	Tu	7-8pm	\$82/\$102
September 6-December 6			
2441.024	Sa	4-5pm	\$82/\$102

LATIN

Latin Dance – Ages 16 & up

The Cha Cha, Rumba, and Samba are called the Latin dances that originated from Latin America. Cha Cha is a flirting dance; Samba is a Brazilian carnival dance; while Rumba is a dance of love and passion. Latin dance brings enjoyment through various music rhythms and movement.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 2-November 25			
2441.010	Tu	8-9pm	\$82/\$102
September 6-November 29			
2441.011	Sa	5-6pm	\$82/\$102





No Class Oct. 11-12,
Nov. 4 & 27-30



Dance & Special Interest

Adult Tango – Ages 16 & up

The most passionate and dramatic of the ballroom dances, the tango originated in Argentina and became popular in the U.S in the 1920's. Join this class to learn the finer points of this beautiful dance or just improve your social skills. Tango doesn't need words; come learn to communicate with your eyes and movements to dramatic music!

Beginner

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-November 19			
2441.025	W	6-7pm	\$82/\$102

Swing Dance – Ages 16 & up

This energetic dance started in New York and spread all across the country in the forties. It's a popular form of dance in clubs today.

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 3-November 19			
2441.022	W	7-8pm	\$82/\$102

BELLY DANCE

Belly dance is a fun, low-impact, cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all over flexibility, proper alignment, and great body posture. The beginning class will also focus on the flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings, or drawstring pants; exercise or dance shoes; a scarf or belt long enough to tie around the hips comfortably; and a piece of lightweight fabric measuring 3 yards by 45 inches.

Belly 1 – Ages 16 & up

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2441.008	M	6-7pm	\$82/\$102

Belly 2 – Ages 16 & up

12 weeks of experience required

12, 1 hour sessions

Class	Day	Time	TOH/NR
September 8-November 24			
2441.009	M	7-8pm	\$82/\$102

Private Dance Lessons

Ages 16 & up

Perfect the steps that you learned in group class or have seen danced at the clubs. We can develop your style and technique. We can build your confidence working one on one with an instructor at your own pace. Lessons are available for Tango, Rumba, Salsa, Cha-Cha, and Samba. Also for your wedding day, we offer instruction for the bride and groom with choreography to your favorite song(s). Classes personally arranged between teacher and students.

8, 1 hour sessions

Class	TOH/NR
September 13-December 13	
2441.056	\$256/\$320



CHESS

Chess is growing in popularity, and everyone should know how to play. With Seymour Samet's instruction, the game will help develop critical thinking skills, concentration, and basic strategy. Chess sets will be provided.



Beginner – Ages 8-12

Student will learn the following: the parts of the board, how the chessman move and capture; rules of castling, the starting position, difference between, check, checkmate and stalemate; the elementary checkmates and how to keep score.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
September 13-November 8			
2645.010	Sa	10:30-11:45am	\$65/\$80

Intermediate – Ages 8-12

Student will learn the values of the chessmen; tactics of chess including pins, forks, skewers, discovered attack, discovered check and double check; guidelines to opening play; fool's mate and scholar's mate.

8, 1.25 hour sessions

Class	Day	Time	TOH/NR
September 13-November 8			
2645.011	Sa	12-1:15pm	\$65/\$80

RECREATION...

THE BENEFITS ARE ENDLESS
• strengthen problem-solving
and decision-making skills

GROUP ACOUSTIC GUITAR

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns and the structure of songs. Students must provide their own instrument, classical or acoustic guitars only.

Youth Beginner – Ages 7-12

No experience necessary

12, 55 minute sessions

Class	Day	Time	TOH/NR
September 15-December 8			
2441.043	M	5:30-6:25pm	\$91/\$113

Intermediate/Advanced

Ages 7-12

8 weeks experience or instructor's approval

12, 55 minute sessions

Class	Day	Time	TOH/NR
September 19-December 19			
2441.044	F	4:30-5:25pm	\$91/\$113
No class Oct. 31 & Nov. 28			

Adults Beginner – Ages 13 & up

12, 55 minute sessions

Class	Day	Time	TOH/NR
September 19-December 19			
2441.046	F	5:30-6:25pm	\$91/\$113
No class Oct. 31 & Nov. 28			

Advanced – Ages 13 & up

20 weeks experience or instructor's approval

12, 55 minute sessions

Class	Day	Time	TOH/NR
September 19-December 19			
2441.047	F	6:30-7:25pm	\$91/\$113
No class Oct. 31 & Nov. 28			

Private/Semi-private Guitar Lessons – Ages 7 & up

Instruction will proceed at the student's pace. If you are interested, call 703-435-6800 x2120 and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

12, 40 minute sessions

Class	TOH/NR
2441.049	\$249/\$312



TEEN CLUB

The HCC Teen Club is dedicated to teens, grades 7-12 (and under 18) every weekday afternoon from 2:30pm to 6pm. Featuring a wide screen TV and stereo system, open gym time, computers, and use of the game room including free use of pool tables on select days. Plus special activities and events just for teen club members.

Purchase a \$15 Teen Club Membership and take advantage of all the member only stuff the center has just for you! You must purchase a teen club membership card before participating in any of the after-school programs and activities. Join anytime during the school year. Daily drop in fee: \$3.50

Program starts September 8

Teen Club Parent Night

Parents need something for your teen to do after school? Come hang out with your teen at the Herndon Community Center's Teen Club Tuesday, September 9 and see what the program is. The Teen Club will be open 6-8pm. Parent must be present for teen to participate. No teen club membership required to attend. **Free**



TEEN NIGHTS

Middle School Students only

Here's your chance for exclusive use of the Teen Center! There will be a DJ, game room, movie, and room to chill with friends. Held at the Herndon Community Center. This is not a FCPS sponsored event.

* Tickets will be sold at the Herndon Middle School the Thursday and Friday prior to event.

** Must present school ID or have parent present when purchasing admission at the door.

*** Cost is \$5 advance/at door or \$4 with a can food donation.

September 26
October 17
November 14
December 12
8-10:30pm

\$4/advance* \$5/at door**

Back to the 90s
Dress to impress
Think You Can Dance***
Winter Wonderland

Senior Cinema – Ages 55 & up

You're invited to Herndon Community Center for our feature film and light refreshments. All free on the 1st and 3rd Thursday of every month (unless specified otherwise). This is a great way to see friends and make new ones! Show begins at 10am.

September 18	The Other Boleyn Girl
October 2	The Great Debaters
October 16	Charlie Wilson's War
November 6	Brideshead Revisited (tv series) Part 1
November 20	Brideshead Revisited (tv series) Part 2
December 4	Brideshead Revisited (tv series) Part 3
December 18	Brideshead Revisited (tv series) Part 4

Winery Tours – Ages 21 & up



Enjoy tasting wine as you visit some of our local wineries. Wineries include Lost Creek, Hidden Brook, Loudoun Valley, and an added stop at the Leesburg Outlets on way back. Trip includes travel by bus and tasting. No refunds unless due to medical emergency.

1, 8 hour session

Class	Day	Time	TOH/NR
September 13			
2860.601	Sa	10:30am-6:30pm	\$80/\$80

National Cathedral and High Tea – Ages 55& up

This visit to the National Cathedral in Washington, D.C. will include a 75 minute in-depth walking tour highlighting "Arts in the Cathedral." After the tour, enjoy tea at the Pilgrim Observation Gallery with its scenic view from high above the city. Wear comfortable shoes. Trip includes high tea, tour guide, driver, and transportation by 15 passenger van. Only 26 spaces available! No refunds after October 1.

1, 5.5 hour session

Class	Day	Time	TOH/NR
November 5			
2850.301	W	12-5:30pm	\$40/\$40

DC United Soccer Game – All ages



Come wearing red and black to support our home team. You will see MLS at its best as the DC United take on Chivas USA. Game starts at 7:30pm; we will leave the Herndon Community Center at 6:30pm. Trip includes ticket to the game and travel by 15 passenger van. Children under the age 15 should be accompanied by an adult. No refunds unless due to medical emergency.

1, 3.5 hour session

Class	Day	Time	TOH/NR
October 4			
2860.602	Sa	6:30-10pm	\$35/\$35

Waterford Festival Trip

All Ages (minors must be accompanied by an adult)

This spectacular festival has been held every year since 1943. It takes you back to the 1800s in this well-preserved historic town. Enjoy the atmosphere of the colonial days with music, food, and juried crafts. Bring the family and let us do all the driving! We will meet at the Herndon Community Center promptly at 9:30am and will leave the festival at 3:00pm. Price includes transportation and tickets, but does not include food or souvenirs.



1, 7 hour session

Class	Day	Time	TOH/NR
October 4			
2363.006	Sa	9:30am-4:30pm	\$20/\$20

SPOOKTACULAR

Ages 2-10

It's a spooky Friday night in honor of Halloween! Bring your little goblin or princess to celebrate with us at the Herndon Community Center in their Spooktacular costume for some great Halloween fun.

Each child will receive a Halloween treat bag, slice of pizza, chips, and a drink. There will be a costume parade, arts & crafts, and some spooky magic entertainment. Parents must accompany children at the event.



Class	Day	Time	TOH/NR
October 24			
2521.501	F	6:30-8:30pm	\$5/child in advance \$7/child at the event

Children's Series

Phoenix Worldgate Movie Theatre, Worldgate Drive, Herndon

Tickets: \$4-Advance/ \$5-At the Door

Monday, October 13, 2008, 10:30-11:15am

Jester's Box

Blue Sky Puppet Theatre's most charming and unusual show! This story follows Ralph, the jester, as he sets out to meet the King who Never Found Anything Funny Enough To Make Him Laugh, King NFAFETMHL for short. It is performed as a "Table Top" performance where the puppets appear on a table with the performers' visible underneath. Appropriate for children of all ages!

2441.084



First Annual Pumpkin Carving Contest

Each family should bring a carved pumpkin which reflects their theme for Halloween.

Each entry must be accompanied by name, address, and theme or name of pumpkin. 1st, 2nd, and 3rd place prizes to be awarded. Light refreshments will be served.

Entry Fee: \$5 payable on-site
One entry per family
Saturday, October 18, 6-7:30pm
Bready Park Picnic Shelter

SANTA'S WORKSHOP

Ages 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged. Registration deadline – Monday, December 15.

Herndon Community Center
Saturday, December 20
11am-1pm
\$7 per child
\$3 per adult if eating lunch
2511.001



KID'S NIGHT OUT

Ages 5-11

An opportunity for parents to enjoy a night out while their children participate in gym games, arts and crafts, movies, and much more. Cheese pizza will be served at 7pm, and a movie will be shown at 8pm. This is not a drop-in program. You must pre-register to participate.

1, 3.5 hour session

Class	Day	Time	TOH/NR
September 12			
2620.501	F	6:30-10pm	\$12/\$12
October 3			
2620.502	F	6:30-10pm	\$12/\$12
November 7			
2620.503	F	6:30-10pm	\$12/\$12
December 19			
2620.504	F	6:30-10pm	\$12/\$12



TOWNE SQUARE SINGERS - Celebrating their 25th Anniversary Season

With Home for the Holidays in Herndon

Don't miss this 90-minute non-stop musical celebration of the season. With "something for everyone" you're sure to hear favorite carols, contemporary classics and novelties. There's even a rumor we may have a visitor from the North Pole! Can you think of a better person to collect your voluntary gift of small toys for children in need? So gather the family and join the Herndon Towne Square Singers for "Home for the Holidays in Herndon."

Thursday, December 4, 7:30pm Saturday, December 6, 7:30pm
Friday, December 5, 7:30pm Sunday, December 7, 2:00pm

All performances held at the Elden Street Player's Industrial Strength Theatre, 296 Sunset Park Drive, Herndon

Tickets are available at the Herndon Community or by calling 703-787-7300. Tickets: \$12

The Towne Square Singers have a new director...

Herndon Parks and Recreation welcomes Karen Leigh Campbell as the new director of the Herndon Towne Square Singers. She will make her debut this December as they inaugurate their 25th anniversary season. Presenting entertaining productions is nothing new for this 26-year veteran of the United States Navy Band who was recruited as one of the Sea Chanters' original altos. In addition to singing around the world, Karen has produced shows at the Kennedy Center and DAR Constitution Hall.





COOKING WITH KIDS

Hands on cooking with instructor Leanne Guido Please bring an apron.

Green is Good: Cooking with Herbs – Ages 6-11

Learn to make pesto, mint tea, and crispy herbed potatoes.

1, 45 minute session

Class	Day	Time	TOH/NR
September 22			
2120.016	M	3:15-4pm	\$15/\$15

Spaghetti Pie – Ages 6-11

Make dinner for your family. Assemble delicious spaghetti pie to bake at home and share with the family.

1, 45 minute session

Class	Day	Time	TOH/NR
October 20			
2120.017	M	3:15-4pm	\$15/\$15

Thanksgiving Trio – Ages 6-11

Make turkey tenders, decorate turkey cookies and make a Thanksgiving craft.

1, 45 minute session

Class	Day	Time	TOH/NR
November 7			
2120.018	F	3:15-4pm	\$30/\$30

YOUTH COOKING CLASSES

Chicken Burgers and Fettuccine Alfredo – Ages 12-16

Prepare and enjoy chicken fajitas and three cheese creamy enchiladas.

1, 45 minutes session

Class	Day	Time	TOH/NR
October 17			
2120.019	F	6-6:45pm	\$20/\$20

Easy Entrees – Ages 6-17

Three simple, delicious and healthy entrees that the whole family will enjoy. Learn to make chicken parmesan, seared tuna and lo mein. Fee is for a Parent/Child team.

1, 1 hour session

Class	Day	Time	TOH/NR
November 7			
2120.20	F	6-7pm	\$30/\$30

Cooking 101: All About the Basics – Ages 14 & up

Whether you're a beginner, or just want to learn something new, this is the class. In each session we'll practice proper knife skills and a classic cooking technique. Session 1 will focus on recipe understanding and modification, and sautéing. Session 2 will cover roasting and baking, along with a discussion of different cuts of meat and how to best prepare them.

2, 2.5 hour sessions

Class	Day	Time	TOH/NR
September 10, 17			
2645.001	W	6:30-9pm	\$105/\$105

Something's Fishy – Ages 14 & up

We know eating fish is healthy, but we don't always know how to prepare it or even what different kinds taste like. Learn about how to buy fresh fish, as well as different methods for preparing it. Also featured a taste test of a few different kinds of fish.

1, 2.5 hour session

Class	Day	Time	TOH/NR
October 8			
2645.003	W	6:30-9pm	\$52/\$52

Baking 101: Wholesome Goodness – Ages 14 & up

Learn good techniques and how to incorporate healthy, whole grain flours and dried fruits and nuts into your baked goods to give them a healthy boost without sacrificing flavor or texture. We'll make carrot spice cake and banana muffins, each with a healthy twist.

1, 2.5 hour session

Class	Day	Time	TOH/NR
October 15			
2645.004	W	6:30-9pm	\$52/\$52

Celebratory Side Dishes

Ages 14 & up

Comforting side dishes make any holiday happier. Master the technique of roasting vegetables to bring out their flavor, and pair them with hearty grains. Also make spoon bread and baked macaroni and cheese.

1, 2.5 hour session

Class	Day	Time	TOH/NR
November 12			
2645.005	W	6:30-9pm	\$52/\$52

Holiday Treats – Ages 14 & up

Homemade gifts are truly special during the holiday season. Make delightfully decorated gingerbread and sugar cookies, as well as an elegant holiday cake to serve at home or bring to any party.

1, 2.5 hour session

Class	Day	Time	TOH/NR
November 19			
2645.006	W	6:30-9pm	\$52/\$52

POTTERY

Beginning Wheel – Ages 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include, wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits & positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Students should bring a towel to class. Use of tools and 25 lbs clay included; additional clay may be purchased.

8, 2.5 hour sessions

Class	Day	Time	TOH/NR
September 15-November 10			
2141.001	M	6:30-9pm	\$150/\$188

Beginning II and Intermediate Wheel – Ages 16 & up

For students with some previous wheel experience. This class will focus on perfecting throwing skills using larger amounts of clay to create both decorative and composition forms, such as vases, bottles, teapots, casseroles and covered jars. Students should bring a towel to class. Use of tools and 25 lbs of clay included; additional clay may be purchased.

8, 2.5 hour sessions

Class	Day	Time	TOH/NR
September 17-November 5			
2141.002	W	6:30-9pm	\$150/\$188





Pottery Lab – Ages 16 & up

Pottery Lab is available to students enrolled in our pottery classes. Learning to use the potter's wheel takes patience, focus and practice – this is a great opportunity to work on your own with someone here to help you as needed. Purchase clay for an additional fee. Pay weekly or purchase a pass for the semester.

Class	Day	Time	TOH/NR
September 19			
2141.003	F	6-9pm	\$8 each night or \$45 for pass

Intro to Digital Photography – Ages 16 & up

Thinking about buying a digital camera or have you had one for some time, learn to get the most from your camera. You will be shown what all the dials, buttons, switches and menu items do for you. You will also learn how to optimize your photographs and archive them for storage and display. In addition, learn how to integrate your photos into email, web pages and digital files.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 17-November 5			
2141.004	W	7-8:30pm	\$70/\$87

Sculpture – Ages 18 & up

Bring to class: A towel, wooden sculpture tools, and an armature if available. If not, one will be provided as necessary. Tools will be available for the first few classes to allow students to become familiar with the ones they desire. Class meets at Art Space, 750 Center St.

8, 2.5 hour sessions

Class	Day	Time	TOH/NR
October 7-November 25			
2141.015	T	6:30-9pm	\$160/\$198

Drawing – Ages 9 & up

A class for children interested in learning to draw what they see. Explore the basic tools for learning to draw, including shading objects, basic shapes and various ways of drawing. Parents are welcome to take this class with your child.

8, 1.5 hour session

Class	Day	Time	TOH/NR
September 16-November 18			
2141.007	T	3:50-5:20pm	\$110/\$138
No Class Oct. 14			

Exploration in Watercolor*

Ages 16 & up

Subjects will vary from flowers, building, land, and seascapes. This semester the emphasis will be on painting glowing light, value studies and designing a good composition. New ideas from Exploring Watercolor by Elizabeth Groves, weekly critiques and regular demonstrations of subjects.

9, 2 hour sessions

Class	Day	Time	TOH/NR
September 16-November 18			
2141.009	T	7:30-9:30pm	\$152/\$189
No Class Oct. 14			

Beginning Watercolor

Ages 16 & up

This class teaches the basic concepts necessary to paint in watercolor successfully as well as some of the fun “tricks” of the medium. Color mixing and basic brushstrokes.

9, 2 hour sessions

Class	Day	Time	TOH/NR
September 16-November 18			
2141.008	T	1-3pm	\$152/\$189
No Class Oct. 14			

Drawing for Pleasure*

Ages 12 & up

For beginning and continuing students. Increase your drawing skills, learning many of the little tricks which help with drawing accurately. Review simple perspective and learn to look for values and underlying basic shapes.

9, 2 hour sessions

Class	Day	Time	TOH/NR
September 16-November 18			
2141.010	T	5:30-7:30pm	\$152/\$189
No Class Oct. 14			

Introduction to Wire Work

Ages 16 & up

Designed for beginners. Students will become familiar with the basic tools and the different gauges of wire. Instruction will be given on how to wrap a basic loop and how to build a cage for a stone or crystal. Students will complete a beautiful wire project. Students may purchase supplies from instructor for \$15.

8, 1.5 hour sessions

Class	Day	Time	TOH/NR
September 18-November 6			
2141.012	Th	7-8:30pm	\$56/\$67

*No Senior Discount

Town of Herndon Town Council

Steve J. DeBenedittis, Mayor
 Connie Hutchinson, Vice Mayor
 Dennis D. Husch, Councilmember
 David A. Kirby, Councilmember
 William B. “Bill” Tirrell, Sr., Councilmember
 Charlie D. Waddell, Councilmember
 Richard F. Downer, Councilmember
 Arthur A. Anselene, Town Manager

Parks & Recreation Department

Cindy Roeder, Director of Parks & Recreation
 Ann Marie Heiser, Deputy Director
 Sue Berkemeier, Administrative Assistant
 Sheri Branch, Office Assistant
 Lori Rowland, Office Assistant
 Wayne Thomas, Office Assistant
 Cynthia Hoftiezer, Projects Coordinator
 Abby Kimble, Marketing Specialist
 Kerstin Severin, Aquatic Services Manager
 Erin Cox, Pool Operations Manager
 Bruce Andersen, Swim Team Coach
 Tom Wissinger, Community Center Manager
 Dave Zakrzewski, Community Center Supervisor
 Liz Kamp, Fitness Specialist
 Jeff Burden, Personal Trainer
Recreation Services Supervisors
 Ann Hoy, Special Interest, Arts & Crafts
 Susan Lilly, Naturalist
 Holly Popple, Performing Arts
 Taacha Brown-Drummond, Sports, Fitness
 Mike Hotze, Teens, Trips, Senior Adults

Registration Information

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our six convenient registration methods will begin for **TOH-residents at 10am on Wednesday, August 20. Open registration for Non-TOH-residents will begin at 10am on Tuesday, August 26.**

WHAT DOES TOH and NR MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.
- Non Town of Herndon Residents (NR) are people living outside of the Town of Herndon limits.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

An easy indicator is that if your car personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at 703-787-7300.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on August 26.

FORMS & FEES

Use one form for each household. Checks should be made payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

REFUNDS

Refunds for any reason are issued less 20% (maximum \$10) up to 3 days before a program starts. Once the program begins, only credits on account will be issued. Less than 3 days before a program starts or after a program starts, up until the midpoint, refunds are only given for medical reasons (doctor's note is required) or relocation of at least 20 miles from the Town of Herndon. Refunds are calculated based on the remaining classes at the time the request is made. Credit on account is also available and is not subject to a service charge. After the mid-point of a program, no refunds or credits on account will be given for any reason. Exception: Trips with specific refund request deadlines, the 20% fee applies. All admission fees and passes are nonrefundable.

PARTICIPATION OPEN TO ALL

HCC programs, and facilities are open to all citizens regardless of race, color, national origin, sex, age, or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon.

FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, daily admissions, or passes to the Community Center) for those who meet federal financial qualifications for assistance.

Additionally, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Contact the Community Center Head Supervisor, 703-435-6800 x2107, for information, or visit the Community Center for assistance.

ATTENTION SENIORS!

Senior adults age 62 and over by Dec. 31, 2007 receive a 50% discount on classes, except where noted.

6 EASY OPTIONS for REGISTRATION:

Open Registration dates apply to ALL registration options - 10am on August 20 for TOH Residents, and 10am on August 26 for Non-TOH Residents. Registration options are listed in order for the best advantage. Options 4, 5, 6 are processed after option 3 on opening day.



- 1. ONLINE** registration access requires a customer ID number and password before beginning online registration.

Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available 24 hours a day through our website at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time, 24 hours a day. Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration.



- 2. TOUCHTONE** registration is available 24-hours-a-day. With a customer identification number and password,

you can call our automated registration line at 703-707-2662 and register over the phone. Call the Community Center at **703-435-6800, ext 2100** to obtain customer identification numbers for yourself and your family members and your password. Registration for classes with this icon is not available through touchtone. *Signature on our liability waiver will be required prior to participation.*



- 3. IN PERSON** registration beginning 10am, August 20 for TOH residents, and 10am August 26 for nonresidents.

Walk in to the reception desk at the HCC anytime during regular business hours (see Community Center Hours – page 2).



- 4. MAIL** a completed form and separate check, money order or credit card payment to:

**Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172**



- 5. FAX** (24-hours-a-day) a completed form with a VISA, Master Card, American Express or Discover number and expiration date to:

703-318-8652. Faxed registrations cannot be verified.



- 6. DROP OFF** a completed form with separate check, money order, or credit card payment into the drop

boxes at the reception desk of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.



Registration Guidelines

Use one form for multiple class registrations

Complete this form and be sure to note:

1. Your first, second, and third choices.
2. Please use one form per household.
3. Let us know if you want to receive an email newsletter and updates.

Registration for Town of Herndon Residents begins on **Wednesday, August 20 at 10am at the HCC.**
Registration for Non-Town of Herndon Residents begins on **Tuesday, August 26 at 10am at the HCC.**

PHONE: 703-787-7300
FAX: 703-318-8652

Fall 2008 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____

FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____

WORK PHONE _____

EMAIL _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1 /99	M/F	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$35 fee



MAIL TO:
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE - Processed by: _____

Payment Method C CK CC LC

AP# _____

Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ **EXP. DATE** _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____





Monday
September 1st, 2008
12-6pm
Herndon Town Green, 777 Lynn Street
Admission- \$5
Admission with Wine Tasting- \$15

Join us downtown for great jazz featuring John Jorgenson.
Enjoy fine arts, great food, and wine from ten Virginia Wineries!

Barboursville Winery, Inc.
Cooper Vineyards
DelFosse Vineyards and Winery LLC
Horton Vineyards
Rebec Vineyards Inc.
Tarara Winery

Chateau Morrisette Winery
Davis Valley Winery
Veramar Vineyard
Loudoun Valley Vineyards

Free
wine glass
with tasting

Event Sponsors:

Gold Sponsors



Silver Sponsor

Ameritech Construction Corporation

Friends

Harris Teeter
Council for the Arts of Herndon
The Wine Seller

*Produced by the Town of Herndon Parks & Recreation and the
Herndon Woman's Club*



30th Annual Herndon
Holiday
Arts & Crafts Show

Sunday, December 7, 2008

10am-4pm

The Herndon Community Center will host
over 100 arts and craft vendors offering
unique gifts, holiday decorations, and
handmade items.

Refreshments available.
Please, no baby strollers.

**Admission
and Parking
FREE**



**Town of Herndon
Parks and Recreation**

P.O. Box 427
Herndon, VA 20172
www.herndon-va.gov

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